

MOVE-IN READY: NEW HOMES



Shane Homes' Urban Modern Duplexes in Midtown in Airdrie. CONTRIBUTED

Stay connected to it all in a modern prairie home



CONTRIBUTED

There's a community in Calgary's Northwest that's drawing considerable attention for its perfect balance of city and prairie lifestyles.

Symons Gate, a master-planned community by Brookfield, won Calgary's 2015 New Community of the Year award, and is bringing together some of Calgary's most reputable builders.

Whether you're a first-time buyer, a young family looking for room to grow, or a downsizer who wants to find a maintenance-free lifestyle in a friendly community, Symons Gate has a home option for you.

First-time homebuyers will appreciate the townhome offerings at The Link at Symons Gate, which start from the mid-\$200,000s. Brookfield Residential duplexes

start from the mid-\$300,000s, front-drive duplexes from the low \$400,000s and move-up homes from the upper \$400,000s.

"Symons Gate was designed to welcome people with many different lifestyles in a place where they can access the beauty of nature, within easy reach of the city," explains Lisa Kaiser of Brookfield, the developer behind Symons Gate.

At Symons Gate you can find a home that suits your style. The homes come in architectural styles from modern to classic.

Inside your new home at Symons Gate, you'll be able to select your entire finishing package, including everything from baseboards to cabinet doors.

When you live at Symons Gate, you're



CONTRIBUTED

connected to it all.

Shopping couldn't be easier, with quick access to Beacon Hill Shopping Centre just moments from your front door. CrossIron Mills nearby provides a plethora of outlets to choose from.

Calgary International Airport is a short drive away too, providing easy access when you're travelling, or for your out-of-town guests.

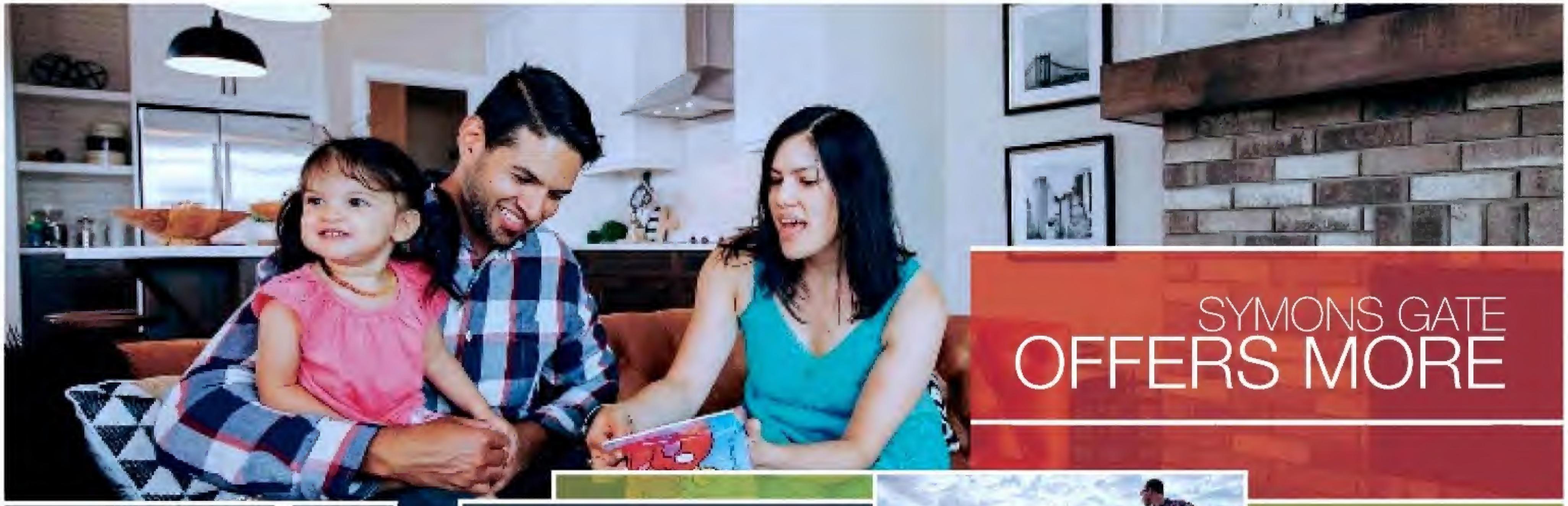
When you're seeking sunshine and exercise, there's plenty of room for you to roam not far from home. The master-planned community was designed with 4.28 acres of environmental reserve — natural spaces left intentionally open for residents' enjoyment.

Symons Gate is connected to nature with pathways that tie into Nose Hill Creek. The Rotary/Mattamy Greenway Path System nearby provides plenty of options for you to explore the green space in your community.

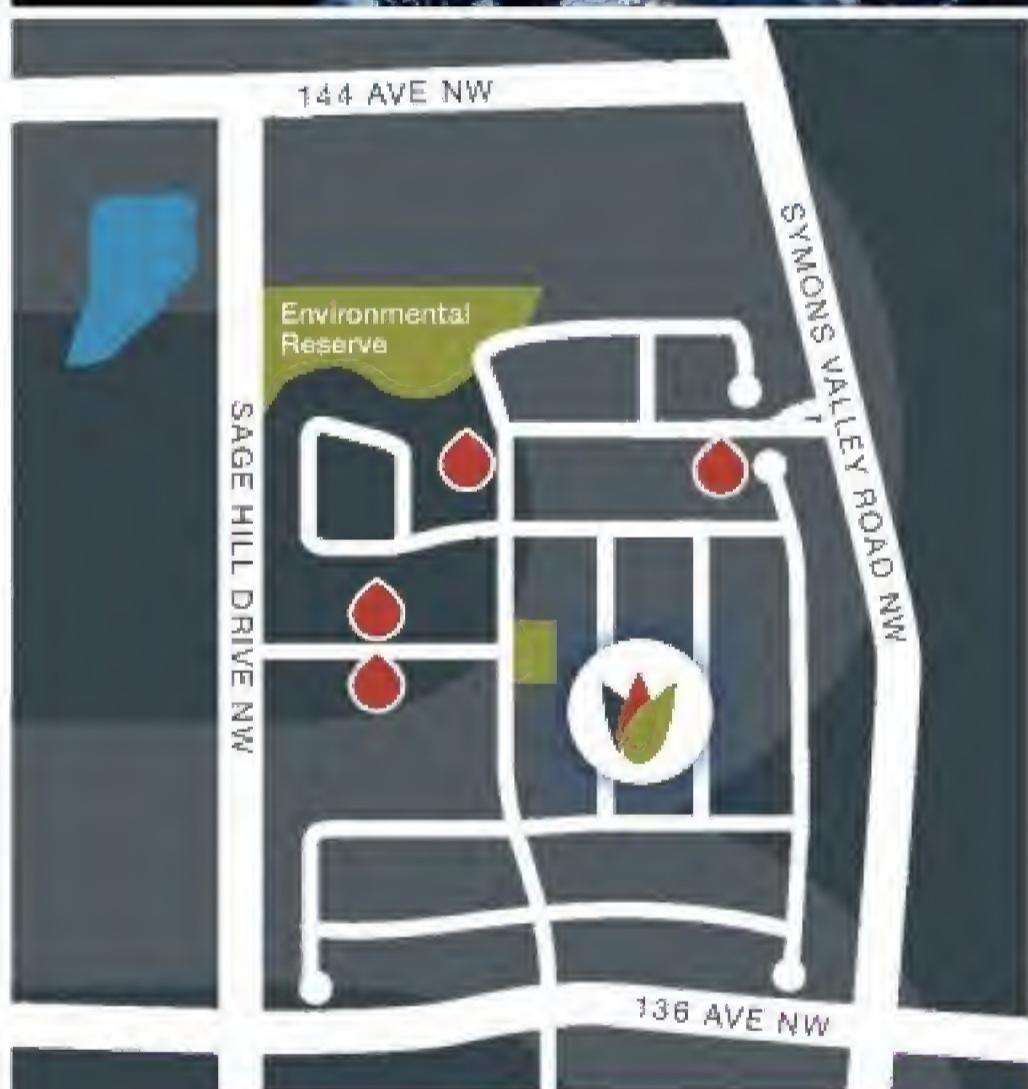
For an even bigger outdoor adventure, the dramatic landscapes and spectacular hiking of the Rocky Mountains are a fantastic day trip, accessible via Stoney Trail nearby.

Slated for completion in 2019, Symons Gate will have a rich community of 2,200 residents from many different walks of life.

Duplex quick-possession homes are now available, and several show home models are now open. Learn more at alberta.brookfieldresidential.com/calgary/symons-gate/.

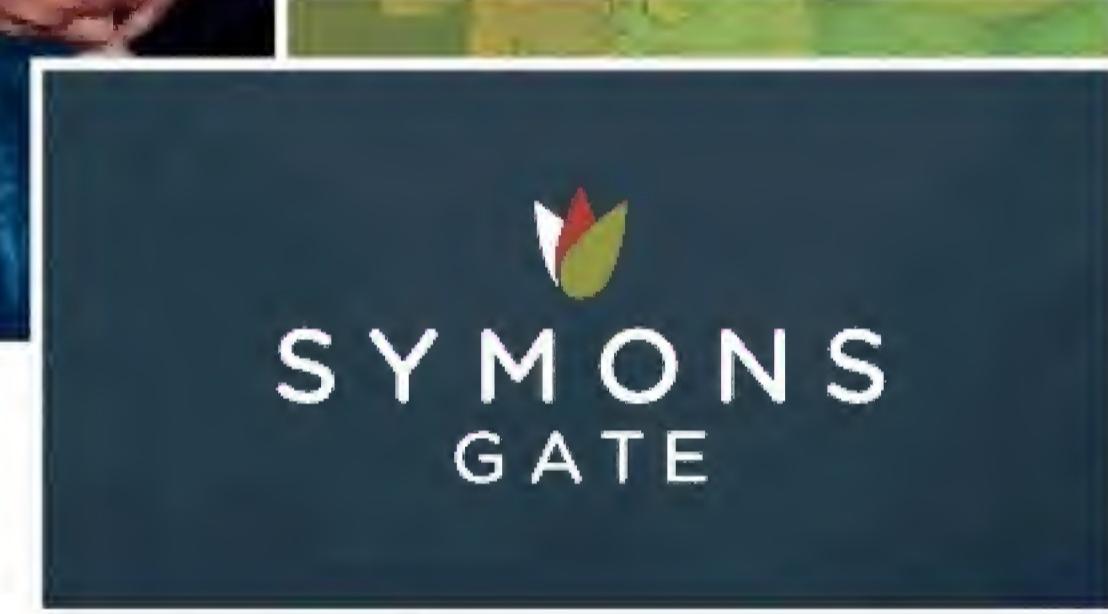


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LiveSymonsGate.ca



PRAIRIE MODERN LIVING, AT ITS FINEST

Symons Gate offers prairie modern living in the most beautiful part of North West Calgary, providing escape and leisure to those lucky to live here. Three new prairie progressive styles are complemented with thoughtful landscape features and design, allowing modern yet timeless architecture to flow seamlessly into the community. With lifestyle interior selection packages and affordability that hasn't been seen in the North West, Symons Gate offers you more to call home. 

Duplex Homes
from the upper
\$300's

Brookfield
Residential

B

Affordable luxury in Calgary's southwest

There's a new community in Calgary where families can find beautiful homes with lots of space to move and grow — all at a great price.

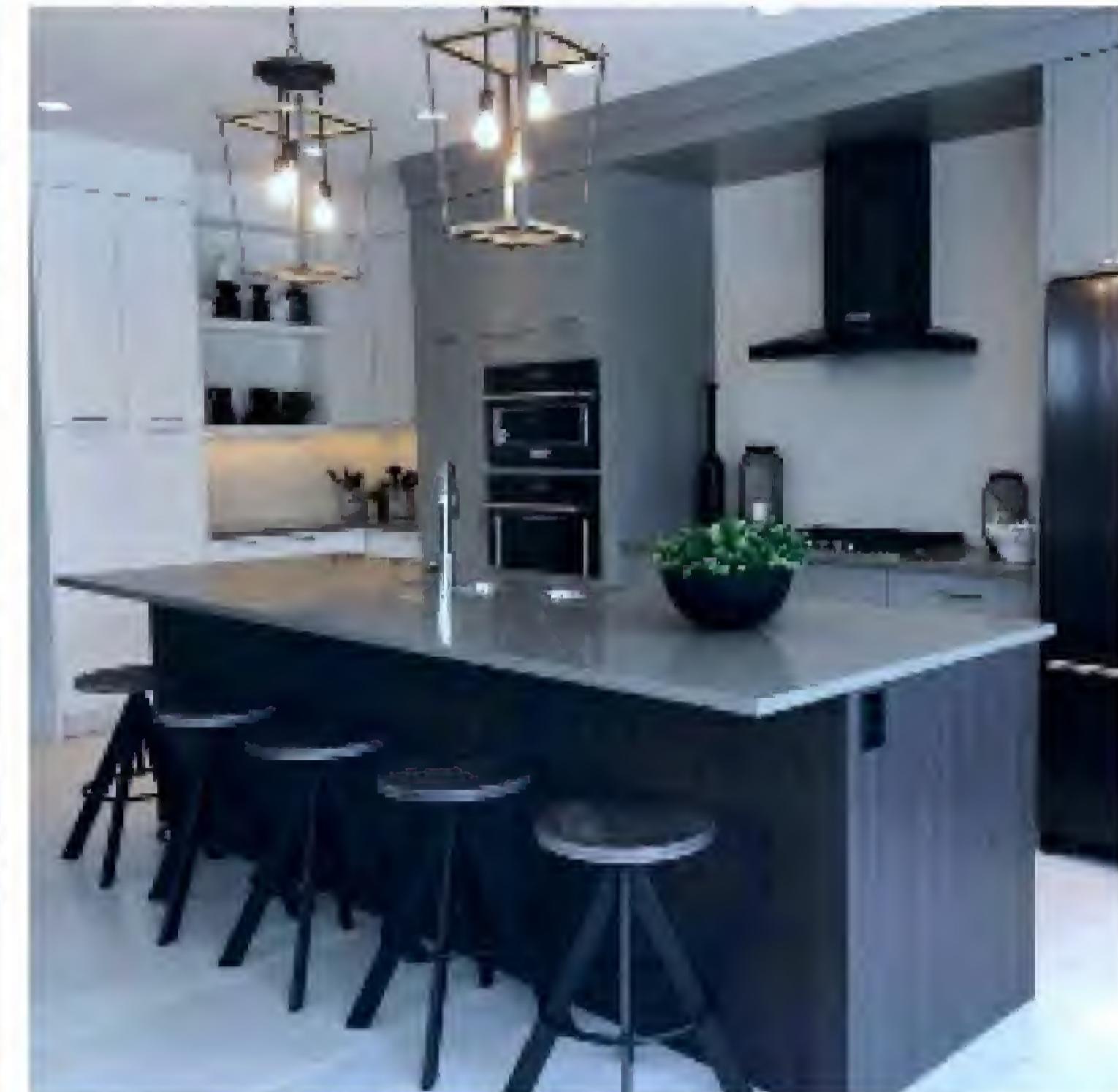
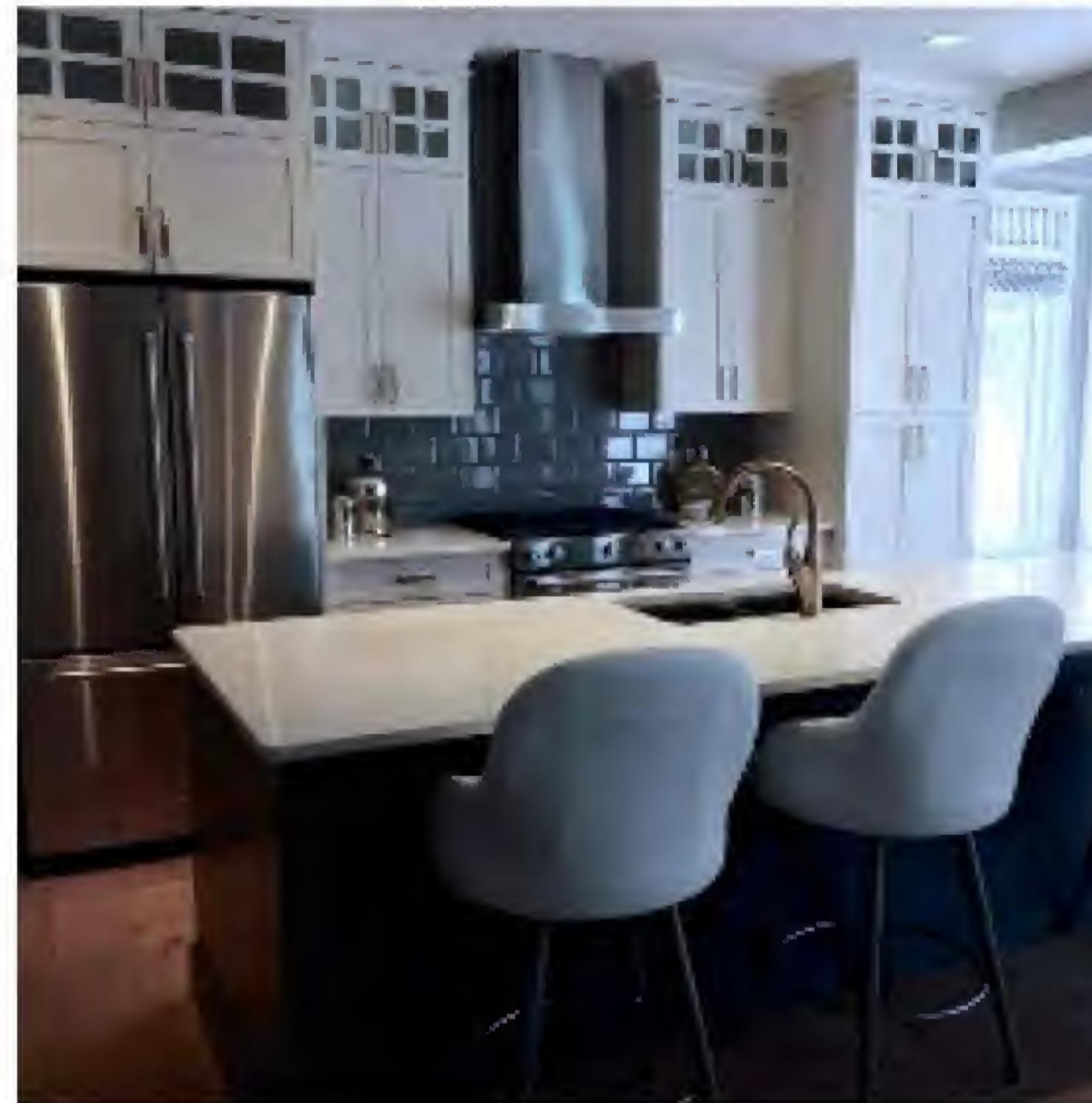
Cedarglen Homes has just opened two new showhomes in The Rise West Grove Estates, a continuation of West Grove Estates in the community of West Springs. Homes will be starting in the low \$700,000s in this coveted Southwest community.

"We have already seen plenty of interest in The Rise West Grove Estates. Cedarglen Homes' superior specifications paired with an achievable price point make this a great opportunity for anyone looking to build in the southwest," says Howard Tse, president of Cedarglen Homes, the builder of The Rise West Grove Estates.

The master-planned neighbourhood of West Springs, built by Bri-Mor Developments, is one of Calgary's most desired communities.

"The decision to partner with Bri-Mor was simple. It brought together talented partners with a tremendous amount of resources and experience," says Tse. "The west-side location made sense, as it is an area of the city we believed in, in spite of the economic climate."

Every Cedarglen home is built beyond the industry standards, giving you superior specifications in your home.



CONTRIBUTED

As one of their latest initiatives, Cedarglen Homes is incorporating the government-backed EnerGuide™ rating scale into each of their homes. With the help of an energy advisor,

Cedarglen Homes works to improve the energy performance of your new home. In addition, the EnerGuide evaluation report and official label can help increase your home's resale value.

In The Rise West Grove Estates, you can also enjoy luxurious finishes such as granite countertops, engineered hardwood flooring and a \$5,000 landscape package.

Support from the beginning to end

For more than 35 years, the Cedarglen name has defined the art and science of new home building for thousands of Calgarians. Cedarglen Homes was named the 2016 New

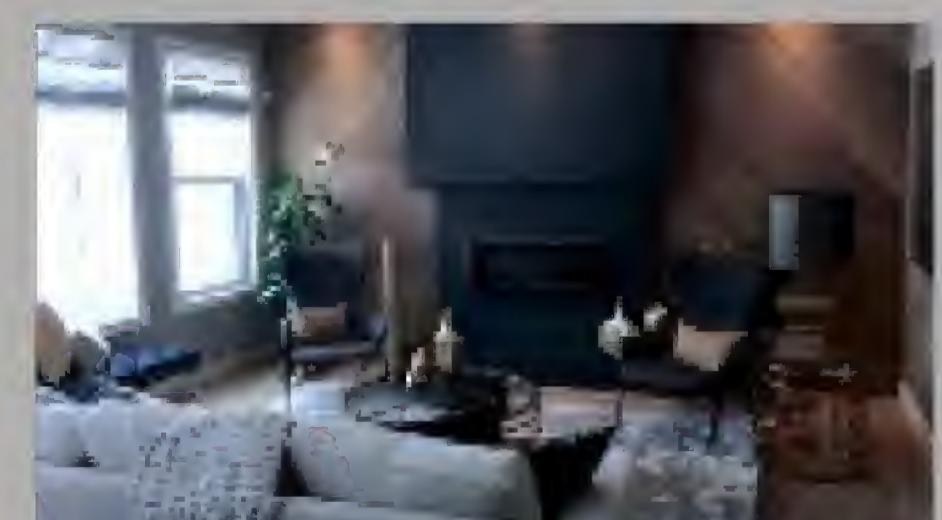
Homebuyers' Choice for Calgary and Alberta.

The company's priority isn't just to build beautiful homes, but to enrich the communities they build in. With a building process that includes 11 documented inspections from excavation, framing, drywall, right up to possession, Cedarglen believes in building it right the first time.

Buying a home is one of the biggest invest-

ments you will ever make. With detailed operational on-site demonstrations and a fully documented maintenance plan as part of your new home package, you'll have the confidence to move in and take ownership of your future.

Learn more about The Rise West Grove Estates at cedarglenhomes.com/communities/the-rise-at-west-grove.



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cedarglen
HOMES

SHOWHOMES OPEN IN SOUTH WEST CALGARY

The Rise West Grove Estates...Discover a new way to experience affordable luxurious homes in Calgary's desirable West side.

PRICES STARTING IN THE LOW \$700,000's

Cedarglen Homes is excited to offer a wide selection of new homes in South West Calgary. Enjoy a quick 10 minute commute to downtown and close proximity to an established network of schools and amenities. Cedarglen Homes in The Rise West Grove Estates is focused on providing the best in luxury finishings and specifications for an achievable price point. Each home will include our uncompromised standards such as granite countertops, upgraded flooring, EnerGuide initiative and front yard landscaping.

FOR MORE INFORMATION CONTACT:

Dennis Mullen, Area Sales Manager

106 West Grove Way SW

Dennis.Mullen@cedarglenhomes.com

587.356.3032



403.255.2000

www.cedarglenhomes.com

This is a marketing document and subject to change. In the event of a dispute between this document and a contract, the contract will prevail. E&OE. Revised and effective 02/2017.

HOMES MADE WITH YOU IN MIND

Are you looking for a new home, but don't want to wait for it to be built? A quick-possession home may be for you.

There are many quick-possession options out there, so you can find location and features you want in a home you can move into immediately.

Legacy, a master-planned new housing development in southeast Calgary, has an exclusive selection of quick-possession homes at great prices.

Calgary builder Stepper Homes is building eight front-garage home styles in the neighbourhood, starting from the \$490,000s.

The quick-possession home models by Stepper, called Bowen and Conrad 2, are appealing to a wide range of people, from first-time buyers to empty nesters.

"Because of the comfortable size and open style of these homes, they fit a wide range of families," explains Jeff Cryderman, area sales manager for Stepper Homes at Legacy. "Some are downsizing, others are raising their families and still others are buying the perfect home to get started."

Situated near MacLeod Trail just south of 210 Ave. SE, Legacy's location will give you easy access to MacLeod Trail and Marquis of Lorne Trail, so you'll be able to drive into the city simply and easily whenever you need to.

Families with children will appreciate Legacy's children's play area, and its proximity to the new Catholic high school, set to open in the fall of 2018.

More than 15 km of walking trails and pathways wind around and within the Legacy community, and around its 300 acres of protected green space, including the Bow River ravine and South Calgary's only community organic garden.



Delivering on quality

Stepper's quick-possession homes are beautifully appointed for an incredible price. Visit the show homes to see for yourself.

The Conrad 2 is \$524,900 and has 2,089 square feet of space, three bedrooms, two and a half bathrooms, a main floor laundry and mudroom, a main-floor box office and a spacious master suite with a walk-in closet.

The Bowen home model is \$549,900 and offers a little more space with 2,335 square feet, three bedrooms, and two and a half bathrooms. Its main floor den, second-floor laundry room, walk-through pantry and spacious master bedroom with walk-in closet and ensuite make it equally luxurious and practical.

Fine finishings elevate the look of both homes, including quartz countertops in the kitchen, main bathroom and ensuite, vinyl plank and tile flooring, and a sleek, stainless steel appliance package.

For more information, visit stepper-homes.com/community/calgary/legacy.



LEGACY IS ALL YOU NEED.

This community has it all. 15km of pathways, 300 acres of nature reserves, and close proximity to all the amenities you're used to.

Conrad

315 LEGACY HEIGHTS SE

\$524,900 | Incl. house,
lot + gst



2089 sq. ft. Front Garage

Bowen

323 LEGACY HEIGHTS SE

\$549,900 | Incl. house,
lot + gst



2335 sq. ft. Front Garage

Conrad 2

138 LEGACY LANDING SE

\$529,900 | Incl. house,
lot + gst



2085 sq. ft. Front Garage

Van Horne

20 LEGACY COURT SE

\$524,900 | Incl. house,
lot + gst



1928 sq. ft. Front Garage

IMMEDIATE POSSESSION

- 3 Bedrooms, 2.5 Bathrooms
- Main Floor Laundry & Mud Room
- Spacious Master Suite with Retreat, Walk-in Closet & 5 pc Ensuite
- Stainless Steel Appliance Package
- Quartz Countertops in Kitchen, Main Bath & Ensuite
- LVP & Tile Flooring

MARCH POSSESSION

- 3 Bedrooms, 2.5 Bathrooms
- Main Floor Den
- 2nd Floor Laundry Room
- Walkthrough Pantry
- Spacious Master Suite with Walk-in Closet & 5 pc Ensuite
- Stainless Steel Appliance Package
- Granite Countertops in Kitchen, Main Bath & Ensuite
- LVP & Tile Flooring

MAY POSSESSION

- 3 Bedrooms, 2.5 Bathrooms
- Main Floor Box Office
- Main Floor Laundry & Mud Room
- Tile Fireplace in Great Room
- Spacious Master Suite with Retreat, Walk-in Closet & 5 pc Ensuite
- Stainless Steel Appliance Package
- Quartz Countertops in Kitchen, Main Bath & Ensuite
- LVP & Tile Flooring

JUNE POSSESSION

- 3 Bedrooms, 2.5 Bathrooms
- Located on a Quiet Cul-de-Sac
- 2nd Floor Bonus Room
- Spacious Master Suite with 5 pc Ensuite
- Stainless Steel Appliance Package
- Quartz Countertops in Kitchen, Main Bath & Ensuite
- LVP & Tile Flooring

LOOKING FOR MORE INFORMATION? FRONT GARAGE: 587-350-5743 LEGACY@STEPPERHOMES.COM

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FIND THE PERFECT NEW HOME IN COCHRANE

If you're searching for a new home, it's time to look beyond the Calgary city limits.

The community of Cochrane, located just 35 km from downtown Calgary, is attracting a diverse array of homebuyers who are looking for a place to live that's community-oriented and closer to nature, with easy access to the city.

One homebuilder, Jayman BUILT, is responding by building well-appointed, affordable homes in Cochrane for people at every stage of life.

"We're seeing a lot of young families that are looking for homes where the kids have more room to play, and the families have room to expand," says Chuck Shields, sales manager for Jayman BUILT. "We're also seeing empty nesters who are moving here because they're done with big-city life and want a place that's quiet and close to nature."

Cochrane is a great place for first-time buyers too, Shields explains. "You can get a lot of space for your money — the homes here have great value."

Jayman BUILT homes in Cochrane are located in the communities of Sunset Ridge, Riviera in Riversong and Heartland.

In Sunset Ridge Jayman BUILT offers a selection of townhomes, semi-detached and single-family homes. The Peyto townhome model offers 1,291 of space with three bedrooms and two and a half bathrooms. It starts in the \$280,000s plus GST.

Meanwhile in the master-planned community of Heartland, the Emerge 26-4 home model offers an expansive 2,405 square feet with four bedrooms and two and a half bathrooms. The home model



CONTRIBUTED

starts in the \$410,000s, including GST, and includes a highly customizable floor plan featuring a prominent kitchen, large central bonus room, walk-in laundry and a signature his-and-hers ensuite bathroom.

These and many more home models are available in all three communities, so you can find the perfect home to fit your

needs and budget.

Wherever in Cochrane you choose to live, you'll have access to the community's lively amenities. Do your own exercises or take a program at the Spray Lake Sawmills Family Sport Centre, indulge in a treat at MacKays famous ice cream parlour or go play outdoors at one of the many parks or

natural outdoor playgrounds the town has to offer.

"Cochrane has a neighbourly feel you probably won't get in Calgary," says Shields. "When you buy a home here, you become part of a real community."

Visit jayman.com/communities for more information.

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'We have to try'

CANCER

Family clings to hope as child gets assessed for liver transplant in U.S.

Elizabeth Cameron
For Metro | Calgary

By the time you read this, Lindsey Marofke will be in Cincinnati.

It's the only chance she has to save her daughter's life.

Unable to get a potentially life-saving treatment in Alberta, when a doctor in Cincinnati offered to try, Lindsey knew she had to take her chances.

"This is a real chance to save her, and we have to try," Lindsey said.

Three-year-old Greta Marofke has hepatoblastoma, a rare form of liver cancer that typically affects very young children. She beat the disease once, but has since relapsed. Greta's liver must be replaced with a healthy one, and fast — her cancer hasn't spread to other parts of her body yet.

Dr. James Geller, medical direc-

tor of the kidney and liver tumors program at Cincinnati Children's Hospital, believes he has a chance to save Greta's life.

"He called me up on Friday and said, 'I need you to come here, Greta deserves a chance,'" Lindsey said.

"I'm just hanging onto that hope, because a few days ago we didn't have it."

Greta has been offered palliative care at a hospital in Toronto, where she has been staying for the past three weeks.

"In Canada, they've basically said we can buy you some time, that's all we can do," Lindsey said through tears. "I can't give up on her — she's my baby and she looks so good. If you saw her you'd have no idea that this is going on inside her body. She's never let it slow her down much."

The Stollery Children's Hospital in Edmonton denied Greta as a liver transplant candidate because her chance of survival is too low.

"Getting approved for an organ is really difficult. You have to be able to prove that your chances of survival are greater than 50 per cent," Lindsey said.

The last study published about the condition Greta has listed trans-

plant survival outcomes at 40 per cent.

"She doesn't meet the minimum, so basically they won't do it," Lindsey said.

In a statement, Alberta Health Services (AHS) said the pediatric liver transplant program at the Stollery Children's Hospital examines all cases of pediatric patients with recurring hepatoblastoma on a case-by-case basis.

"The program has and may proceed with listing a patient for transplant, depending on the individual's specific medical condition," said AHS.

After all is said and done, the price tag for the trip, treatment, and transplant will likely ring in at more than \$1 million USD.

"The thought of that is very, very daunting," Lindsey said.

A GoFundMe has been started to help, with more than \$30,000 raised so far, which Lindsey said has given her even more hope.

"Greta says she wants to be a doctor when she grows up because she wants to help other kids like her doctors do," Lindsey said.

"She has taught us to live in the moment and enjoy life as it comes — because that's what she does."



Three-year-old Greta Marofke of Calgary has relapsed hepatoblastoma, a rare form of liver cancer. CONTRIBUTED

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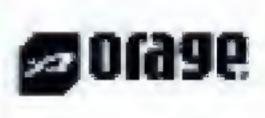
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IN BRIEF

Police investigating city's fourth homicide of year
 Calgary police are investigating the fourth homicide of the year after a woman assaulted last Wednesday later died in hospital. The victim was identified as 28-year-old Trisheena Simon of Calgary. The homicide unit is investigating and does not believe the attack on Simon was random. Anyone with information are asked to contact Calgary police homicide tip line at 403-428-8877, or the non-emergency line at 403-266-1234. METRO

Mayor cautious about sanctuary city status

Mayor Naheed Nenshi isn't chomping at the bit to call Calgary a sanctuary city. The mayor said he's not sure what becoming a sanctuary city would actually mean for Calgary, and he'd need to ask some tough questions before considering following in the footsteps of Montreal, Toronto, Hamilton and London, Ont. HELEN PIKE/METRO

Music festival not returning for 2017

The massive music festival held each year at Fort Calgary broke up with fans in a Facebook post.

On Tuesday morning, X92.9, whose parent company has hosted the X-Fest alternative music festival since 2011, broke news to their audience.

AARON CHATHA/METRO

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ANIMAL ABUSE

Judge hands out max fine

Lucie Edwardson
 Metro | Calgary

For the first time ever, the maximum fine was levied in a Calgary animal protection case.

Judge Heather Lamoureux fined Wayne Woo \$20,000 Tuesday, in relation to the 2015 neglect and abuse of animals at Riverfront Aquarium — the maximum allowable under the Animal Protection Act.

Brad Nichols, senior manager of animal cruelty investigations for the Calgary Humane Society said he believes giving the maximum fine sets a precedent.

"This is the first max penalty in this jurisdiction and I think it sends a clear message of both a punitive nature and deterrence," he said.

While reading her decision the judge said pet stores should be held to a higher standard, as they should be setting an example for standards of care to others in the community.

Wayne Woo, who was manager of Riverfront Aquarium in 2015, and Michael Chow, the owner, were each charged with four counts of allowing an animal to be in distress after the seizure of 333 animals (12 turtles, 32 frogs, 42 lizards and 59 snakes) between October and December 2015.

Nichols said at the time of the seizure there were a few animals that needed to be euthanized immediately and a few that "failed to thrive" afterward that also needed to be euthanized.



Gabe O'Brien wants the city to explain why "no parking" signs have appeared on his Inglewood cul-de-sac, right by the spot he has parked in for four years. He said it's difficult to get his toddler in and out off the house because he has to park farther away. ELIZABETH CAMERON/FOR METRO

gary spokeswoman the cul-de-sac has been a no parking zone since 1977. After several confused residents called to see where parking was allowed, the city worked to clarify and planted the two signs to make the street's parking rules crystal clear.

O'Brien said he also called to clarify the parking situation — four years ago. He said there was a no parking zone smack dab in the middle of the cul-de-sac and he wanted to know where it started and ended.

The city said the cul-de-sac turning radius is such that park-

ing could impede emergency vehicles, and there's even a fire hydrant at the end of the cul-de-sac firefighters would need to access if there was a fire.

In the grand scheme of things, O'Brien said he's not parking that far away from his typical spot, but he's worried about the ripple effect this sudden change could have on him and his neighbours.

"It's always worked well and now it's caused this domino effect down our street," O'Brien said.

Already, his short walk with a toddler has been made all the

more difficult, and his neighbours, who have also been displaced, now have to trudge down the street with a newborn in tow as the weather dips below freezing.

Anna Melnick, the city spokeswoman, said they are hoping to work with the residents with any concerns.

"We are open to discussion... any changes that could be made," said Melnick. "We'd have to take into consideration emergency services vehicles and other safety considerations — but we're certainly open to talking."

GREEN ENERGY

Province releases energy perk details

Alberta has rolled out some details on how consumers can get free energy efficient products such as LED light bulbs.

Environment Minister Shannon Phillips says people need to register online for the program.

She says consumers who register will be contacted to make appointments with a private company called Ecofitt.

Staff from Ecofitt will come to homes to install lights, high-efficiency shower heads, power bars and self-adjusting thermostats.

Phillips says the program will cost \$21.5 million and create 70 jobs.

The money is to come from the new carbon tax, which is increasing the cost of gasoline and home and business heating bills.

Phillips has said the province plans to spend \$648 million over the next five years on energy efficient products and programs.

The Wildrose Opposition said the government should provide more details about the program, including whether



Albertans won't stand for talking points over fact.

Todd Loewen

there will be a cap on how many free products people can get.

Wildrose environment critic Todd Loewen said the program could turn out to be a boondoggle for taxpayers.

"The NDP government needs to release far more details on this program and understand that Albertans won't stand for talking points over fact," he said. THE CANADIAN PRESS

\$21.5M

The cost of the program to roll out free energy efficient products to Albertans.

BUSINESS

Premier, Trump team to talk trade

Alberta Premier Rachel Notley says she expects to meet Wednesday with members of U.S. President Donald Trump's administration.

Notley says details will be made available once meetings are confirmed.

She says her message will include reinforcing the importance of cross-border trade between Alberta and the United States.

Notley has already met with members of the Heritage Foundation, an influential conserv-

ative Washington think tank viewed as a key policy influencer on the Trump administration.

She says the meeting helped her get a better sense of the Trump government's viewpoint as it deliberates issues affecting Canada, including whether to impose a border tax.

The premier has also met with the governor and two senators from Montana, a key Alberta trading partner.

THE CANADIAN PRESS



Calgary Police Commission vice-chair Lisa Silver, and chair Brian Thiessen, grilled the chief Tuesday about when they can expect a timeline for an independent review of the service's human resources practices and issues. LUCIE EDWARDSON/METRO

Police chief under fire

GOVERNANCE

Commission grills Chaffin on timeline to improvements

 **Lucie Edwardson**
Metro | Calgary

The Calgary Police Commission means business — and it's holding the Calgary Police Service to account when it comes to making real change.

On Tuesday, following a report about human resource reforms from Supt. Nina Vaughn, commissioners took Chief Roger Chaffin to task by asking when they'll see action on their No. 1 priority: Have an independent advocate conduct a review of CPS's HR practices and investigate allegations of bullying and harassment within

in the force.

Commission chair Brian Thiessen and vice-chair Lisa Silver, led the charge, telling the chief they would need some concrete answers about the independent review at the next CPC meeting. The chief agreed.

"The chief understands it's a top priority for the commission, it's No. 1 one on our list of the seven point plan and we've been working with the service on it," said Thiessen.

Thiessen said the chief gave the commission good reasons for why they didn't have any solid answers for them yet. Chaffin cited coming to a mutual understanding of the process with the Calgary Police Association — as they are the collective bargaining unit for the service — as well as in-

corporating the CPS into the city's existing Whistle-Blower program.

"That has to happen first," Chaffin said of the working with the CPA. "They tell us they're firmly committed to a respectful workplace and they demand that of us, as well. Right now we're trying to work on process and what it means."

He said members will be able to access the city's Whistle-Blower program very soon. That will allow them to make complaints to an individual unrelated to the police service. Once they see how that works, they can move forward with the review.

Chaffin was also subject to questions from Jen Magnus — a former CPS constable who resigned at last month's meet-

ing citing her own experiences with bullying and harassment, as well as former CPS detective Marlene Hope.

Hope questioned Chaffin about why there appeared to be inaction on these HR issues until now after they were brought to the executive attention in 2009 and again in 2013.

The chief told her that in the past, they didn't have the specific details on the allegations they do now and that they now have the opportunity to unpack them and take meaningful steps.

Magnus questioned how CPS executive planned to model the culture changes they hope to see in the service to the rank and file.

"This is not a wordsmithing job," said the chief. "It has to start with the executive buy in and support. It starts with me and I expect to be held to account."



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COUNCIL

Accessibility panel shows off 10-year plan



**Brodie
Thomas**
Metro | Calgary

Calgary has come a long way since the 1970s when it comes to accessibility, according to disability consultant Cal Schuler.

"When I had my injury back in 1975, there was virtually nothing in the city that was accessible, so nowadays virtually every new sidewalk that

goes in is going to be ramped and curbed."

Schuler sits on the Advisory Committee on Accessibility, which is detailing its 10-year strategic plan to a council committee on Wednesday.

The plan features five main goals, and numerous strategies to address those goals.

The number one goal, with no surprise, is to make the physical infrastructure of public spaces be accessible and universally designed.

Other goals include increasing accessibility of transportation services, and improving housing options.

But in the information age, navigating the physical world is not the only concern of those who live with disabilities.

Lui Greco, national manager of advocacy with CNIB, said overall the report is excellent, but he feels it lacks a focus on technology.

"We're a little disappointed

that there's not more information in there about access to information and communication technology," he said.

He said the city's website gets a B minus.

"The website is usable by someone with vision loss if they're using adaptive technology, but not all parts of the website are created equal."

He said an earlier version of the Engage portal was not functional, but that has been cleaned up.



Part of a project by Schulich School of Engineering researchers Ke Du and Simon Park will be creating low-cost sensors that can find pollution leaks over a wide area in the oilsands.

THE CANADIAN PRESS

Researchers to zero in on pollution

OILSANDS

U of C profs get grant to find source of pollutant leaks



**Aaron
Chatha**
Metro | Calgary

which sources of pollution to cut and by how much.

"The companies are actually in urgent need to quantify their emissions," said Du.

"Alberta already initiated a climate leadership plan to cap the oilsands emissions. Companies really need a device for early detection of leaks and measure emissions so they can comply."

Du said Alberta has a pretty unique climate system and combination of different sources of industrial pollution. That means it's difficult to apply approaches developed elsewhere within the province, so Alberta has to come up with its own methods.

The ultimate goal is to protect public health.

After the monitoring and re-

porting part of their research is done, Du and Park will develop protocols for remote sensor monitoring. They'll create low-cost sensors that could be used with drones to

monitor the air — and find the sources for pollution leaks over a wide area.

The technology can then also be used for agriculture and other industries.

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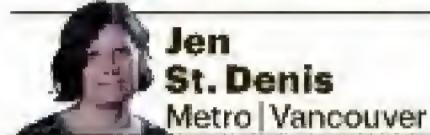
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Fact-checking at the Trump tower

VANCOUVER

Incorrect statements at hotel opening



Jen
St. Denis

Metro | Vancouver

"In 2010, Vancouver hosted the Olympic Games, of course the highlight being that Canada won the gold in hockey," Eric Danzinger, CEO of the Trump Organization, said Tuesday during the official opening at the Trump International Hotel and Tower.

"Which is probably why the world's largest hockey stick is here in Vancouver."

Wrong. The biggest hockey stick in the world graces the Cowichan Community Centre in Duncan, B.C.

"Trump International Hotel and Tower is the first hotel to open in Vancouver in the last six years," reads a press release handed out at the opening.

Wrong. Sqwachays Lodge at 31 West Pender and Hotel Blu Vancouver at 177 Robson St. both opened in 2014.

"The property is the first



Joo Kim Tiah, Donald Trump Jr. and Eric Trump at the grand opening of the Trump International Hotel & Tower in Vancouver on Tuesday. JENNIFER GAUTHIER/FOR METRO

to open in the city in over six years," reads a second release in the press kit. Wrong. Dozens of condo towers and other properties have opened in Vancouver during the past six years during a construction and real estate boom.

The tower "is one of the tallest in the city at 69 storeys high." Technically, just 63, according to marketing material for the building's condos.

As protesters gathered outside the hotel Tuesday to protest the name on the hotel, inside two sons of President Donald Trump and the Vancouver developer behind the project were singing each other's praises.

Joo Kim Tiah, the president of Holborn Group and the son of a Malaysian real estate tycoon, thanked God, his parents, President Trump and the Trump family.

Rates at the hotel range from \$530 for a room with a single king-sized bed to over \$1,400 for a two-bedroom suite. Ironically, one of the perks offered by the Trump Hotel in Vancouver is free access to what President Trump has repeatedly called "the failing" New York Times.

Starting in December 2015, Tiah had faced pressure from critics, including Vancouver's mayor, to remove the Trump

name from the building, something Tiah has said is not possible because he has contractual obligations with the Trump Organization, which operates the hotel portion of the building. At the time Trump was campaigning for president and had characterized Mexicans as "rapists" and called for Muslims to be banned from entering the U.S.

Brent Toderian, Vancouver's former chief planner and an outspoken critic of the Trump name on the hotel, said he was initially giving Tiah "the benefit of the doubt." But, he noted, the developer has since "doubled down" on his association with Trump.

About 100 protesters gathered in front of the Trump tower Tuesday morning to welcome the family's two eldest sons. Cars driving by the crowd on East Georgia Street honked their support and people broke into a chorus of O Canada.

Four Abbotsford high school students skipped class to attend the protest — something they said their principal approved of.

"We have a humanities class and this election was all we talked about for weeks," said Ayla Kevener. "This is our future. This will affect us."

CONSERVATIVES

Leitch posts weird video on Facebook



Andrew
Fifield

Metro | Toronto

Conservative leadership candidate Kellie Leitch's latest campaign move is an eight-minute monologue packed with jarring cuts, awkward pauses and dreamy-eyed gazes toward a middle distance.

It has been met with a frosty reception since it debuted on her Facebook page Monday. Leitch uses the video to repeat her calls for what she describes as a "values test" for people considering immigrating to Canada.

"Canadians are proud of their country and proud of their unified Canadian identity," the former cabinet minister says. "They're proud of their values — values like hard work, generosity, freedom and tolerance."

Leitch's rhetoric on immigration has often been compared to that used by U.S. President Donald Trump, who she said had "an exciting message that needs to be delivered in Canada as well."



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■ TOP RIGHT — Designer: Qiao Chaille Li, The Fashion Institute, by Olds College | Photographer: Ble Yilan Xu, ACAD | Model: Jessica Mawle, Aluna Models | Stylist: Kyle Wright, The Fashion Institute, by Olds College | Hair: Stephanie Meyer, Eveline Charles Academy | Make-up: Christine Stranga | Shoes and Jewellery: Hudson's Bay | Sewing Machines: www.juki.ca/jindustrial_e

NOVA SCOTIA

Tattooist wins Facebook fight



**Yvette
d'Entremont**
Metro | Halifax

A Bedford, N.S. tattoo artist is thrilled that after years of battling with Facebook, the social media giant is now allowing her to post photos of the cosmetic tattooing she does for breast cancer survivors.

For the past eight years, Amber Thorpe of Adept Tattoos has helped clients through cosmetic tattooing of nipples and areolae after they've been through reconstructive breast surgery following breast cancer.

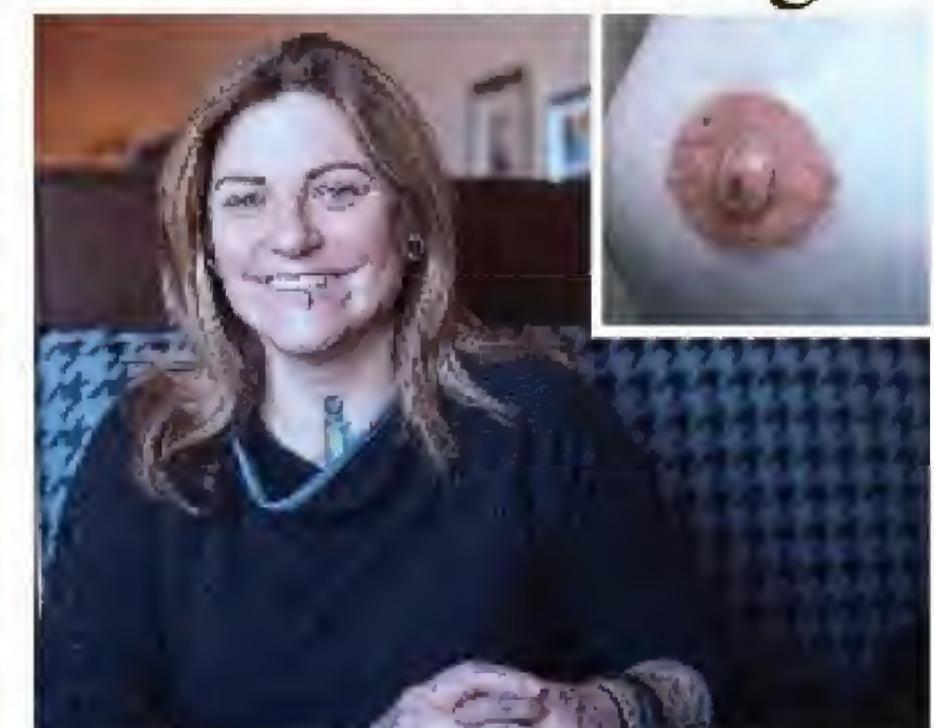
Over that same period of time photos of her work have been repeatedly taken down by Facebook, typically within one to five hours of her posting them.

Thorpe said Facebook is one of the most effective ways she can publicly spread awareness about what is for many breast cancer survivors the "final phase" of their journeys.

She charges \$150 to cover the cost of ink and supplies.

"I've had a lot of just excitement and genuine happiness and I've had a lot break down crying because it's done. It's like an elephant leaves the room at the end," Thorpe said of her work.

"Because they're laying on their back when I tattoo, they



Amber Thorpe says Facebook is one of the most effective ways to spread awareness about cosmetic tattoos. **Inset:** An example of Thorpe's work. JEFF HARPER/METRO; INSET: COURTESY ADEPT TATTOOS

told Metro Halifax in an email late Tuesday afternoon.

"Our team processes millions of reports each week, and we sometimes get things wrong."

Shortly after Metro received the email, Thorpe received a notification from Facebook about the error.

"I'm super happy. This is too cool. It's awesome. Now it's time to create a page and share stories and stuff too," Thorpe said. "I'm actually kind of speechless."

No more ‘small thinking’

POLITICS

Donald Trump talks big during his first address to Congress

Heralding a “new chapter of American greatness,” U.S. President Donald Trump stood before Congress for the first time Tuesday night and issued a broad call for creating new jobs, overhauling the nation’s health-care system and significantly boosting military spending.

Striking an optimistic tone, Trump declared: “The time for small thinking is over.”

Trump’s address came at a pivotal moment for a new president elected on pledges to swiftly shake up Washington and follow through on the failed promises of career politicians. His opening weeks in office have been consumed by distractions and self-inflicted wounds, including the bungled rollout of a sweeping immigration and refugee executive order that was blocked by the courts.



President Donald Trump addresses a joint session of Congress in Washington on Tuesday.
JIM LO SCALZO/THE ASSOCIATED PRESS

Trump sent unexpectedly mixed messages on immigration, one of his signature campaign issues. He pledged to vigorously target people living in the U.S. illegally who “threaten

our communities and prey on our citizens.” But he told news anchors before his speech that he was open to legislation that could provide a pathway to legal status, and he told Congress he

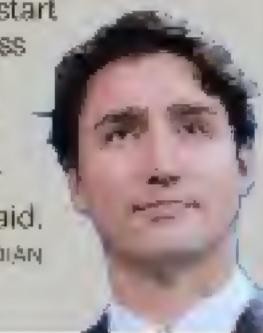
believed “real and positive immigration reform is possible.”

But Trump still said the country will soon begin construction on a wall along the U.S.-Mexican border, saying that Americans

SHOUT OUT

Prime Minister Justin Trudeau received a mention from Donald Trump in his speech Tuesday.

“With the help of Prime Minister Justin Trudeau, we have formed a council with our neighbours in Canada to help ensure that women entrepreneurs have access to the networks, markets and capital they need to start a business and live out their financial dreams,” Trump said. THE CANADIAN PRESS



can’t succeed “in an environment of lawless chaos.”

Trump says the country will soon begin construction on the wall, which “will be started ahead of schedule and, when finished, it will be a very effective weapon against drugs and crime.” THE ASSOCIATED PRESS

White House aims to silence whistleblowers

When White House Press Secretary Sean Spicer wanted to crack down on leaks last week, he collected his aides’ cellphones to check for communication with reporters. The crackdown quickly leaked.

Spicer’s losing round in Washington’s perpetual game of information whack-a-mole was hardly a surprise. In trying to plug leaks from anonymous sources, President Donald Trump and his aides are going after one of the most entrenched practices in Washington politics and journalism, an exercise that has exposed corruption, fuelled scandals and spread gossip for decades.

But the practice has created several headaches for the new president, leading Trump, just weeks into his presidency, to publicly vow to try to punish “low-life leakers” in his own administration.

“Let their name be put out there,” Trump said before the Conservative Political Action Conference on Friday, accusing reporters of making up anonymous sources and stories. He declared reporters shouldn’t be allowed to use sources “unless they use somebody’s name.”

THE ASSOCIATED PRESS

GEORGIA

Two jailed for racial slurs, threats at girl’s birthday

A white man and a white woman who were among a large group of people waving Confederate flags and threatening violence at a black child’s birthday party in 2015 have been sentenced to lengthy prison terms.

Jose Ismael Torres and Kayla

Rae Norton were part of a group of 15 who disrupted the eight-year-old’s party in Douglasville, Ga. in 2015, less than a month after Dylann Roof killed nine African-Americans at a historic black church in South Carolina.

THE ASSOCIATED PRESS

LEGAL SYSTEM

Corporate law reform ‘falls short’: Expert

Ottawa’s first comprehensive reform of corporate law in more than a decade will do little to prevent tax cheats and criminals from hiding their identities, say critics of a bill winding its way through parliament.

Foreigners are using Can-

adian corporations to “snow wash” illicit funds — as Torstar revealed through the Panama Papers investigations — and they will have little impediment to continuing to move money anonymously even after Bill C-25 becomes law, financial crime experts say.

“The bill falls short of its potential to address the real risks of money laundering, terrorism financing and tax evasion,” said Denis Meunier, a former top official with the Canada Revenue Agency and FINTRAC, Ottawa’s anti-money

laundering watchdog. Meunier noted that an intergovernmental review last fall found Canada’s corporate transparency is non-compliant with international anti-money laundering and terrorism financing standards.

TORSTAR NEWS SERVICE

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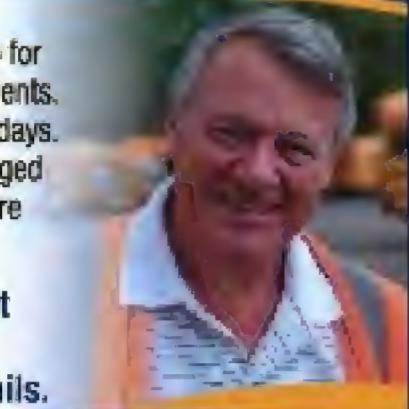
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NOTICE OF HEARING FOR: TEMPORARY GUARDIANSHIP ORDER TO: **Duane Manyshots**

Take notice that on the **15th day of March 2017 at 9:30 a.m.**, at **Calgary Family Court, Courtroom # 1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Temporary Guardianship Order** of your child born on **April 23, 2001**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

NOTICE OF HEARING FOR: TEMPORARY GUARDIANSHIP ORDER TO: **Sarah Stamp**

Take notice that on the **20th day of March 2017 at 2:00 p.m.**, at **Calgary Family Court, Courtroom # 1208, 601 – 5th Street SW, Calgary, Alberta**, an Initial Custody Hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Temporary Guardianship Order** of your children born on **March 28, 2009, March 16, 2004, and January 5, 2007**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

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Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

NOTICE OF HEARING FOR: TEMPORARY GUARDIANSHIP ORDER TO: **Adam Bernier**

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Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

10 Wednesday, March 1, 2017

Business **metronews**

Employees of Netflix detained

POLITICS

Workers were affected by Trump travel ban: Executive

Netflix employees were personally affected by U.S. President Donald Trump's attempt to ban people entering from seven majority-Muslim countries, the company's CEO said Tuesday.

Reed Hastings has been a critic of the travel ban, which Trump hopes to revive in a revised form this week, and said Tuesday some of his co-workers had gotten caught up in it.

"We had Iranian and Iraqi employees who were unable to come to work," he said on the sidelines of the Mobile World Congress, the wireless industry's biggest annual gathering held in Barcelona, Spain.

Netflix was among dozens of tech companies that publicly opposed the travel ban out of fear that it would stifle

innovation.

Hastings aims to make Netflix global by creating more original content in foreign languages.

"We are focused on international expansion, mainly in Europe and Asia," Hastings said. "It's just the beginning of the Internet. We are producing all over the globe with great success."

Netflix, which has some 93 million subscribers across 190 countries, is riding the success of some of its own productions,



Founder and CEO of Netflix Reed Hastings. GETTY IMAGES

having won its first ever Oscar this week for the documentary White Helmets, about Syria's humanitarian aid force.

Hastings expects the market competition to toughen, however, with traditional broadcasters increasingly moving online, especially with the gradual improvement of handset screens and connections.

"I think broadcast television is really going to move to the Internet, so that current TV networks will offer their videos online, just the same as Netflix and YouTube," he said.

The improvements in wireless 4G and 5G technology is likely to encourage the trend of people watching movies on mobile screens.

"We would like to continue to improve the mobile plans in order for everybody to enjoy unlimited video viewing," said Hastings. "I think it's possible because we are getting more efficient at video data, so that the networks are not congested."

THE ASSOCIATED PRESS

MEDIA Times for truth in the Trump era


Andrew Fifield
Metro | Toronto

U.S. President Donald Trump has declared the media an "enemy of the American people," but the New York Times is fighting back.

The venerable newspaper has launched a new marketing campaign they hope will puncture the myriad of media bubbles, social media squabbles and "alternative facts" that have characterized the country's political discourse for much of the decade.

Trump's top White House aide, Breitbart publisher Steve Bannon, has branded the media an opposition party.

"At The Times, we have a 166-year history of an adherence to the highest standards in journalism," Times publisher Arthur Sulzberger Jr. said in a release.

VIDEO

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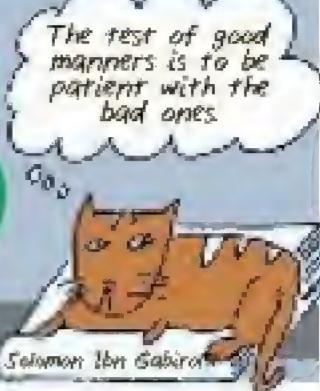


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metro VIEWS

PHILOSOPHER CAT by Jason Logan



PAUL WELLS ON CANADA'S BRAND IN THE AGE OF TRUMP



How can Canada use the chaos in D.C. to pursue its own interests?

It's time to conclude, on a balance of probabilities, that Donald Trump will be merely an ineffectual president.

For a while it seemed the White House's listless new tenant might have some sort of trade strategy. For a few days he even seemed to be preparing for an attack on Iran. That seems so long ago. He may yet do something big domestically, like repeal Obamacare, although the news that massive new social programs contain fine print has rattled him badly.

Being an evil genius takes an ungodly amount of prep work. Who knew? It's so much easier to hightail it to Mar-A-Lago for another weekend. Down there, the world is divided into people who are paid to be nice to him and people who have paid to be nice to him. He can handle both.

Perhaps the time is coming, or soon will, when the Trudeau government should adjust its strategy regarding Trump. The original working assumptions are already running out of steam.

For both the prime minister and his detractors, Trump was viewed, after his astonishing election victory last November, as a potential source of organized menace to the Canadian economy.

He would tax industrial goods at the border. He would abrogate NAFTA and ensnare Canada in protracted negotiations, where his decades of

experience as a dealmaker would leave poor naïve Justin Trudeau bereft and dizzy, wearing only a barrel on leather shoulder straps.

In response, Trudeau executed a profound reorganization of his ministry, of the public service and of Liberal political staff. The goal was to become more nimble on the defence, accelerating information-gathering and decision-making across government to ensure that whatever move Trump might make, Canada could respond.

But perhaps defence isn't the game. Or at least it shouldn't be the only game. Because maybe this president is incapable of organizing an offence.

That's the conclusion the Russians seem to have drawn. If anyone should be taken as an authority on Donald Trump, it's the Russians. In a fascinating story in Tuesday's New York Times, assorted Russian analysts said Vladimir Putin is now treating Trump, not as a conniving ally but as a random-event generator who will pull Washington into chaos.

"Right now the Kremlin is looking for ways that Russia can use the chaos in Washington to pursue its own interests," pro-Putin analyst Sergei Markov told the Times. "The main hope is that the U.S. will be preoccupied with itself and will stop pressuring Russia."

What would an offensive Canadian strategy look like, if

Canada followed Markov's reasoning? How can Canada use the chaos in Washington to pursue its own interests?

One set of interests is inbound: It's about who comes to our shores. Canada has long watched while the United States attracted a disproportionate share of the brightest students, the most distinguished researchers, the wildest entrepreneurs.

Finance Minister Bill Morneau has already been making changes to attract all those groups. A concerted global marketing program would spread the word. Canada has a big disadvantage: unlike Australia or the UK, it has no national education minister to lead global marketing efforts. Nor should it, education being a provincial responsibility.

But a senior federal minister should be put in charge of marketing Canadian research and education, in partnership with the provinces. I nominate François-Philippe Champagne, the new trade minister, because he's so peppy he's probably already doing it anyway.

Another interest, the attraction of international investors for Canadian infrastructure projects, is well in hand, and I have no advice to offer.

The third Canadian interest is the most delicate: the search for strategic partners to replace an increasingly introspective United States.

In some ways, America can't be replaced: Nowhere

else is as close, as rich or as culturally simpatico. But Trudeau must conclude, as every modern prime minister has in different ways, that it does no good to rely too closely on the Americans alone. Especially now.

China stayed aloof from even Jean Chrétien's ardent courting. Trudeau will not be able to tap its amazing potential in the short term. Europe is almost as big, richer and needs friends now too. The working relationships built up over a decade's CETA talks must not be allowed to atrophy now.

In his mandate letter to international development minister Marie-Claude Bibeau, Trudeau urged her to "refocus Canada's development assistance on helping the poorest and most vulnerable." That now seems simplistic. Many of Africa's national economies are rising, fitfully but full of promise. Canada should build long-term relationships by supporting institutions that educate a new African leadership class and strengthen African markets, legal systems and governance.

I could go on. A few hours' brainstorming could generate countless ideas for pursuing Canadian prosperity in an era of American eclipse. It's work nobody would have wanted. But the task now seems at hand.

Paul Wells is a Toronto Star national affairs columnist.



Missed manners In the Oval Office on Monday. GETTY IMAGES

Conway's couch crouching proves meritocracy a sham

Vicky Mochama
Metro

When I saw the picture of Kellyanne Conway, adviser to President Trump, with her feet tucked under her on an Oval Office couch, I could hear my mom saying — or, let's be real here — yelling "Beka amagoro inse!"

That is Kisii for "You own nothing in this house and your presence here is optional so you need to act right, or else." (It is actually not but that is what it felt like.) I still hear it when I put my feet up on my own table in my own house.

The image isn't striking because a grown woman is sitting on her feet and looking at her phone on her boss's couch. No, Kellyanne got real casual during a photo opportunity with the leaders of America's historically black colleges and universities (HBCUs).

To me, a roomful of black academics is a room of aunties and uncles empowered to yell at you. So, I was a little scared for Kellyanne.

But she knows she doesn't have to operate by those standards. When photos of Barack Obama putting his feet up on the Resolute Desk in the Oval Office first surfaced, Fox News basically aired a war crimes tribunal for a week. Every move by the Obamas was examined for its perceived rudeness. These were (and are) black professionals at the apex of human achievement.

If respectability is the measure by which white officials will respect black people, you

cannot get more respectable than that group of people in the Oval on Monday. They didn't just go to the best schools; some now run the best schools.

If the election of a mediocre businessman for president didn't do it, then this photo should render apparent that there is no such thing as a meritocracy. Some of America's highest educated and highly accomplished black people grimaced through it while Kellyanne Conway took a picture from the couch of them with the president.

The administration's disrespect is evident. Dillard University president Walter Kimbrough wrote that the meeting was meant to be with Education Secretary Betsy DeVos but suddenly included a visit with the president.

After pushing them around and photographing them, Secretary DeVos issued a statement saying that HBCUs were an example of so-called school choice. When, in fact, they were founded as a response to racist schools barring black students.

The photo isn't trivial; it is emblematic of the relationship that black Americans now have with their government. The administration will use black people to lie about black history in order to make black life worse.

I can only hope that the American public tells Trump that he owns nothing in the White House and his presence is optional.

Because he's definitely not going to act right.

tune in on march 3

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'I think Kevin O'Leary is going to curl up next to the fireplace, reading a French vocabulary book.'

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Poutine disciple spreads the curd

FOOD CULTURE

How epicurean epiphany led a German tourist to new venture

Holger Boeckner had an epicurean epiphany of sorts while visiting Canada in 2007. Out clubbing with Canadian friends in Montreal, the German tourist was introduced to Quebec's street food of fries, gravy and cheese curds. It was 4 a.m. and his first poutine.

"It was salty, delicious, fatty," recalled Boeckner with a big wistful smile at a cafe in Berlin. "It was the right meal for the situation."

Boeckner was so enamoured with poutine that he opened The Poutine Kitchen last November, partnering up with a German dairy producer to manufacture and sell squeaky cheese.

On Jan. 25, he got to promote the product in a major way: by offering bowls of poutine at the first meeting in 2017 of the German Canadian Business Association. That same week, he preferred small snacks of poutine at the massive annual Green Week exposition of products in Berlin, which features local, non-GMO and organic items (Boeckner's cheese is local and non-GMO but not certified organic).

He returned to Canada and the U.S. a few times since that initial visit, and sought poutine wherever he went. In Austin, Texas, during the SXSW festival in 2013, he attended a party held by the Canadian delegation and



Holger Boeckner's Poutine Kitchen serves up his version of the Canadian delicacy in Berlin. CONTRIBUTED

catered with poutine.

"I realized in my subsequent visits: I loved poutine," he said. He and his neighbour, a Canadian, tried to make poutine, but "we realized it wasn't possible to make it authentic because we didn't have cheese curds."

Indeed, poutine is relatively simple in composition since fries and gravy are a staple in almost any European country. However, the squeaky cheese — solid parts of curdled milk — is what can trip up the desire for a classic poutine. Curds are made from fresh milk, which has to be pasteurized — during which rennet is added so it clots.

It then becomes a blend of whey (liquid) and early-stage "curd" and must be cooked. Lastly, it is pressed, separating the whey from the curd and voila, you have cheese curds.

Importing cheese curds from Canada could take weeks, Boeckner said, bogged down by EU

rules that require inspections and clearances.

"The cheese curd needs to be produced nearby so it can be consumed quickly and still be squeaky," Boeckner said. "Most of the places selling poutine in Europe use mozzarella or some salty version of cheese."



Germans love cheese, fries and gravy. They just haven't had that combination yet.

Holger Boeckner, left

In 2014, realizing he was about to be laid off from his film public relations job, Boeckner decided to bring "real" poutine to Germany. He set about visiting cheese fairs in the Berlin region and wound up at Bauernkäserei Wolters, where he described the curds to owner Pieter Wolters and his production manager, Uta Gerlach.

"I described it as 'this is a cheese that squeaks' and then the consistency as well — a little spongelike. I said it had to be eaten fresh," says Boeckner.

Last March they created their first batch — 40 kilograms. Boeckner declared it a success:

"It was tasty and squeaky."

The following May came the real test: giving it to Canadians. With packs of gravy mix from St. Hubert's chicken fast food joint in Quebec, Boeckner arranged a special poutine party for six Canadian friends in Berlin.

\$7.62

Last November, Bauernkäserei Wolters began selling 250 g packages of cheese curds online for 5.48 euros (\$7.62) plus shipping.

"They said it was just like home," Boeckner said, holding up a video of a woman declaring: "The cheese is perfect. The gravy is perfect. You nailed it."

He doesn't have any sales numbers for the cheese yet, but Boeckner has heard excited reactions from Canadians in Berlin.

Berlin resident Patrick Beaudette, who was born in B.C. but has lived in Montreal, heard about the cheese and ordered a kilo. "I refuse to use mozzarella," said Beaudette, who is in the city finishing up his PhD in molecular biology. "(It) has everything it should have: the mild flavour, it's salty and the squeak."

Boeckner is determined to spread the poutine joy among Germans as his business grows. He hopes to open a poutine-focused shop in spring — which doesn't exist yet in Berlin.

"Germans love fries, cheese and gravy. They just haven't had that combination yet. They will like it. I know." TORSTAR NEWS SERVICE



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Miguel and Jenny Roger tried to separate cancer nutrition fact from fiction. HANDOUT

Fighting fiction of cancer nutrition

CANCER

Dieticians and doctors eager to bring end to unhelpful tips

When Miguel Roger began chemotherapy for chronic lymphocytic leukemia last summer, he didn't realize the challenges he would face with food.

"Once treatment started, I noticed a change in my appetite, and a lack of energy," said the 65-year-old retired engineer.

His wife Jenny, 61, became his primary caregiver, and found it challenging navigating all the nutrition advice from books, their doctor, and the hospital nutrition centre.

"I once cooked him calf liver to help with his anemia," she said. "I read it in a book, but when I spoke to Miguel's doctor, we were told it wouldn't help, since the anemia was not related to nutrition, but to the cancer itself and the chemotherapy."

Nutrition is an under-recognized challenge for many cancer patients. And fad diets can cause unnecessary weight loss, disrupt treatment, and sometimes make outcomes worse.

Many patients struggle with navigating the "cancer-specific" dietary information found in popular books, blogs, and websites. A British study released last month found caregivers and patients were concerned about the lack of accurate and clear information — something Canadian health providers are keen to provide.

It's easy for misconceptions to spread through websites, nutrition bloggers, books, and word-of-mouth.

"In clinic, I once overheard a woman saying how she was

getting mega-doses of vitamin C, rose hip tea, bee pollen and antioxidants," said Jenny Roger. "But I heard the dietitian advise that those things may not be regulated and could be contraindicated during chemotherapy," he said.

This is a familiar story to many cancer specialists and dietitians, including Thomas Jagoe, director of the McGill Cancer Nutrition Rehabilitation Program in Montreal.

One of his challenges is dealing with diet trends that conflict with what a patient's oncologist advises. One trend is "short-term fasting" before chemotherapy.

"This is a hot topic of research but at this time the evidence doesn't support that a patient who is already losing weight starve themselves for a few days," Jagoe said.

In Halifax, it was an open line of communication that helped Stacey Sheppard, a dietitian with the Nova Scotia Health Authority, identify the real reason behind a patient's issue.

"One patient with nasal cancer got advice from a holistic nutritionist to omit gluten. When we got to the bottom of the issue we realized that they actually had issues with swallowing crackers — so it was a swallowing issue, not a gluten issue," she said.

But patients keep looking for answers outside the system. And it's all about control, says Jonathan di Tomasso, a nutritionist who works with the cancer rehabilitation program at McGill.



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Name of person

"People often lose control over many aspects of their life when they are diagnosed with cancer. Food is something they can control, but the roar of misinformation out there is deafening," he said.

Toronto-based naturopath Daniel Lander, who has an undergraduate degree in nutritional science, works closely with physicians to offer evidence-based nutrition advice.

"Patients are generally relieved when I tell them they don't have to follow those strict diets, and I focus on making sure they are getting enough calories and important macronutrients," Lander said.

In terms of good online sources of information, Daniela Fierini, a registered dietitian at the Princess Margaret Hospital, recommends the American Institute for Cancer Research, BC Cancer Agency and Nourish Online, but still cautions against the "one size fits all" model.

Due to a good response to chemotherapy and radiation, Roger's cancer has been in remission for the last month.

"Now my appetite's normal. I lost around 10 pounds at the start of the treatment but I think I have gained it all back ... my energy level is fine and I'm no longer swollen," he said.

The Rogers were cautious about following popular cancer diet trends and maintained open communication with their doctor.

"You can get caught up with reading things on the Internet and I think everyone should be working with their doctor. People need to have a bond of trust with their doctor. Some people don't, and so they look elsewhere, which can sometimes be overwhelming and can cause more harm than it helps," said Jenny Roger. THE CANADIAN PRESS

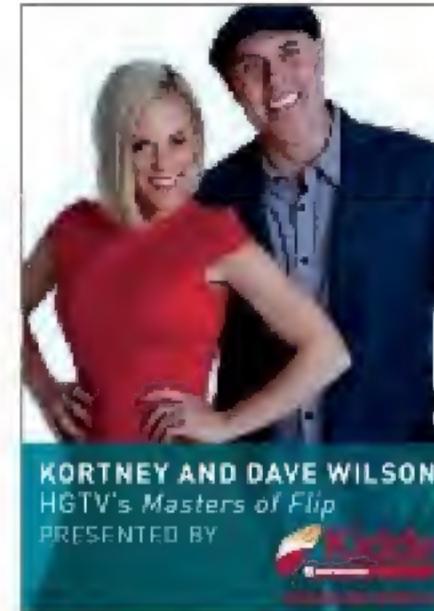
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POSTMEDIA



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ULTIMATE UPCYCLE CHALLENGE

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Toronto begins to turn the fine dining tables

CANADA'S 100 BEST

Montreal slips in annual list, Pigeonhole is among the elite

Désolés, Montreal. The 416 has overtaken the 514 for the first time at the top of Canada's 100 Best, the third-annual list of the country's finest dining establishments as chosen by a panel of 82 industry experts.

Toronto's Alo, which chef Patrick Kriss opened in 2015, unseated Montreal's two-time champ Toqué.

Hogtown finished with five of the country's top 10 restaurants: Alo (1), Edulis (5), Buca Yorkville (7), Canoe (8) and Dandylion (9).

"That is total domination of fine dining," said Jacob Richler, the magazine's editor.

Alo debuted on the list as Canada's best new eatery last year.

"The finesse and discipline of that kitchen he runs — it's genuinely extraordinary," said Richler of Patrick Kriss's restaurant located on a third floor above Chinatown on Spadina Ave.

"You leave an unassuming street and suddenly you're in



Calgary's Pigeonhole was tenth in the Canada's 100 Best Restaurants ranking. Eight other restaurants in the city made the list, which focused on fine dining. INSTAGRAM/PIGEONHOLEYYC

this elegant little oasis the moment you emerge out of the elevator shaft. It feels cool and groovy and you're happy to be a part of it."

Toronto and Montreal made up half of the Best 100 entirely, Montreal with 26 spots and Toronto with 24.

"You can find great food in far more varied sorts of places. And the list reflects that," Richler said.

Ten smaller cities and towns cracked the list with one raved-about spot each, includ-

ing Langdon Hall (15) in Cambridge, Ont., which jumped back into the top 20. Former Scaramouche chef Michael Stadtlander's Eigensinn Farm (77) in Southampton, Ont., which presented the chef's pine-focused PineSpiel Project, returned to the list.

Other small community restaurants earned spots like La Cabane PdC (22) in St-Benoit-de-Mirabel and Wolf in the Fog (41) in Tofino, B.C., which made the list for the third time.

TORSTAR NEWS SERVICE

THE TOP 10

- 1) Alo (Toronto)
- 2) Toqué! (Montreal)
- 3) Joe Beef (Montreal)
- 4) Le Vin Papillon (Montreal)
- 5) Edulis (Toronto)
- 6) Hawksworth (Vancouver)
- 7) Buca Yorkville (Toronto)
- 8) Canoe (Toronto)
- 9) Dandylion (Toronto)
- 10) Pigeonhole (Calgary)

Also in Calgary: 29) River Cafe; 30) Ten Foot Henry; 39) Shokunin; 61) Anju; 69) Deane House; 80) Bar Bricco; 81) Model Milk; 100) Foreign Concept

BEATTY CALL

Oscars best picture mess still rumbling on Warren Beatty says Academy of Motion Pictures President Cheryl Boone Isaacs should "publicly clarify" what happened during Sunday night's best picture presentation "as soon as possible."

Beatty released a statement Tuesday to The Associated Press in which he declined to comment further on the debacle that led to him and co-presenter Faye Dunaway mistakenly reading La La Land as best picture winner rather than Moonlight. Instead, he urged the academy to answer questions.

"I feel it would be more appropriate for the president of the Academy, Cheryl Boone Isaacs, to publicly clarify what happened as soon as possible," said Beatty.

Representatives for the academy didn't immediately comment Tuesday.

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Ioniq hot on the heels of Prius



REVIEW

Hybrid upsets with better fuel efficiency and price point

 **Dan Ilika**
AutoGuide.com

As good as it is, it's tough to describe the 2017 Hyundai Ioniq Hybrid as anything but ill-timed. It's an alternative fuel vehicle going up against gas prices that remain at historic lows.

That this Hyundai is a compact car only makes matters worse, as the popularity of crossovers continues to climb. To overcome those odds, the Hyundai Ioniq Hybrid has a few key qualities working in its favour.

It's built on a dedicated platform developed solely to serve as the basis for electrified rides that includes both conventional and plug-in hybrid versions of the Ioniq, plus a pure-electric model.

The Ioniq was designed as a small sedan for efficiency with the shape of the car crafted to improve airflow. With a drag coefficient of 0.24, the Ioniq rivals a Tesla Model S.

The Ioniq may share its drag coefficient with the Model S, but

it's smaller, more similarly sized to the Prius or Chevrolet Cruze.

Its dimensions impact interior space in different ways. The front seats pack plenty of room. Slide into the rear seats and space shrinks significantly. Cargo room stands at an impressive 750 litres. That mark is second in the segment only to the Prius and exceeds the hatchback versions of the Cruze and Honda Civic.

When it comes to efficiency, Hyundai's first dedicated hybrid ranks ahead of the standard-bearing Toyota Prius. Its impressive efficiency is only matched by its ambitious price point.

Base models are estimated to start at \$24,000. An equivalent Prius will set you back \$28,880. Step up to a top-of-the-line Limited model and you can expect to pay about \$31,000. A loaded Prius Touring will fetch \$32,115.

Despite everything the Ioniq Hybrid does right, it's not perfect. The regenerative brakes felt slightly rubbery and more engine noise than necessary permeated the cabin. Likewise, there were some unwelcome rattles and squeaks in our tester's cabin.

If this gas-electric Ioniq Hybrid is out to take on the likes of the Toyota Prius, it's off to a good start. It costs less money and burns less gas without suffering from any of the performance penalties imposed by the Prius' CVT.

THE CHECKLIST | 2017 HYUNDAI IONIQ HYBRID

THE BASICS

Engine: 1.6L four-cylinder electric motor, 1.56-kWh lithium-ion battery

Output: 139 horsepower, 195 pound-feet of torque combined

Transmission: 6-speed automatic

Fuel Economy (L/100 km): 4.2 city, 4.0 highway

Price: Starts at \$24,000 (est.)



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- Cabin layout

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- Rubbery brake pedal
- Lack of rear seating space

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Revenue soars, Tesla ramps up production

TESLA MODEL 3

Production on track for July

Production for the Tesla Model 3 could begin as early as July.

In its fourth-quarter earnings report, the automaker revealed that limited production for the Model 3 was on track and 2016 revenue was up 73 per cent from 2015, to \$7 billion U.S.

Tesla ended 2016 producing 83,922 vehicles, approximately 1,614 a week.

The American automaker wants to more than triple production by the fourth quarter of this year with the Model 3 being added to the assembly line. Tesla is planning to ramp up production to exceed 5,000 vehicles per week in the fourth quarter.

In 2018, Tesla hopes to produce 10,000 vehicles per week. Volume production for the Model 3 should hit its stride by September.

It reiterated that "the Model 3 and solar roof launches are on track for the second half of the year." JASON SIU/AUTOGUIDE.COM



ALL PHOTOS HANDOUT

WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com

UNVEILING SOON

Volkswagen Arteon

Volkswagen is teasing its new Arteon, a luxurious fastback sedan that will be like a more affordable Audi A7.

The Volkswagen Arteon will make its world debut at the Geneva Motor Show this month as a flagship sedan that sits above the Passat in the German automaker's lineup, likely replacing the CC. The teaser image Volkswagen shared shows new design language for the brand, as the grille and headlights merge to look like a single piece.

Volkswagen promises the Arteon will have all the latest driver assistance features and safety technology as well as a spacious cabin. Expect it to launch with gesture controls and a configurable digital dashboard. JODI LAI/AUTOGUIDE.COM



SPECIAL EDITIONS

Mercedes-AMG turns 50

The automaker is using three special models to celebrate its 50th anniversary, starting with the AMG GT C Roadster Edition 50 (pictured). Only 500 will become available worldwide.

On the exterior, the convertible sports car boasts a special paint finish in designo Graphite Grey Magno. Inside the cabin, there's a contrasting black and silver colour scheme.

The company will also offer the C63 Cabriolet Ocean Blue Edition. Limited to just 150 units worldwide, the luxury convertible gets a Deep Ocean Blue fabric soft top, exclusively earmarked for the special edition model. The body of the convertible is painted in designo Cashmere White Magno.

Lastly, there's the AMG Performance Studio Package added to the C43 Coupe and Cabriolet models. All the special edition models will debut at the 2017 Geneva Motor Show. JASON SIU/AUTOGUIDE.COM

CUSTOM

From grill to tail lights: A new type of tailor-made Aston Martin

Michael Accardi
AutoGuide.com

Aston Martin will launch an expansion of its tailor-made service Q by Aston Martin at the 2017 Geneva Motor Show.

Marek Reichman, Aston Martin's Chief Creative Officer, says the service has slowly expanded since its 2012 introduction.

"Now we have the opportunity to work with our customers and take personalization to a different level," he said.

The two-tiered program begins with Q by Aston Martin - Collection, an array of distinctive designs and exclusive enhancements that go beyond the standard options list — think of it like a secret menu. Collection brings exclusive paint and interior colors, plus unique leather quilt upholstery patterns, body-colored wheel inserts, and diamond turned spokes, along with new wood and leather interior touches.

Capping the program is Q by Aston Martin - Commission, a collaborative process with the

Aston Martin design team, a conversation that becomes a car that Gaydon calls "the world of the truly bespoke, individual sports car."

"It's a commissioning process," says Dr Matthew Bennett, General Manager for the Q by Aston Martin service. "The customer is working much more closely with us here at Gaydon. The only

limit is your imagination — every new commission starts with a blank sheet of paper."

One of Commission's first projects is working with Aston Martin's global dealer network to develop an ultra-limited series of cars with features and elements distinct to the region's demographics and geography.

However, those who want

an entirely unique car simply have to ask. Aston Martin has a long history of building bespoke cars, recent examples being the CC-100 Speedster in 2013 and the Vantage GT12 Roadster last summer.

"You're talking about the fundamentals of how a car comes together," Dr. Bennett says. "There is as much reward in the interaction with Aston Martin as there is in the final car. It is a journey."

Those interested will need to get themselves down to company HQ, your local dealership, or Aston Martin's dedicated brand center in London's Mayfair district.



Exclusive DB11
from Q - Collection finished
in Zaffre Blue paint. HANDOUT



The only limit is your imagination — every new commission starts with a blank sheet of paper.

Matthew Bennett, GM for Q by Aston Martin

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bctr SPORTS

Mont-St-Hilaire, Que., offensive lineman Laurent Duvernay-Tardif plans to finish med school even after signing a \$41.25-million deal with Kansas City

IN BRIEF

Vikings let Peterson walk

Adrian Peterson, Minnesota's all-time leading rusher and a first-team All-Pro pick in four of his 10 seasons with the Vikings, will be an unrestricted free agent for the first time in his career when the market opens next week.

The Vikings, as expected, said Tuesday they will not exercise their option for 2017 on Peterson's contract, which called for the soon-to-be 32-year-old to make \$18 million.

In another sobering reminder of the short shelf life for players at this position, Kansas City also released 30-year-old and four-time Pro Bowl running back Jamaal Charles on Tuesday. THE ASSOCIATED PRESS

Canada's Matheson out for 2017 domestic season

Veteran Canadian midfielder Diana Matheson will miss the entire 2017 NWSL season after tearing the anterior cruciate ligament in her left knee.

Seattle Reign FC said Matheson suffered the injury in February while training with the Canadian national team.

THE CANADIAN PRESS

Jays bats swing into spring

Jonathan Diaz and three other Jays hit home runs as Toronto downed Pittsburgh 12-0 on Tuesday for their first pre-season victory.

Joshua Palacios, Mike Ohlman and Matt Dean also went deep for the Jays (1-4). THE CANADIAN PRESS

Blockbuster odds dampened by Vegas

NHL TRADE DEADLINE

Expansion draft ahead is likely to stunt major moves

Members of the Calgary Flames' front office have all been asking general manager Brad Treliving how expansion will affect the NHL trade deadline.

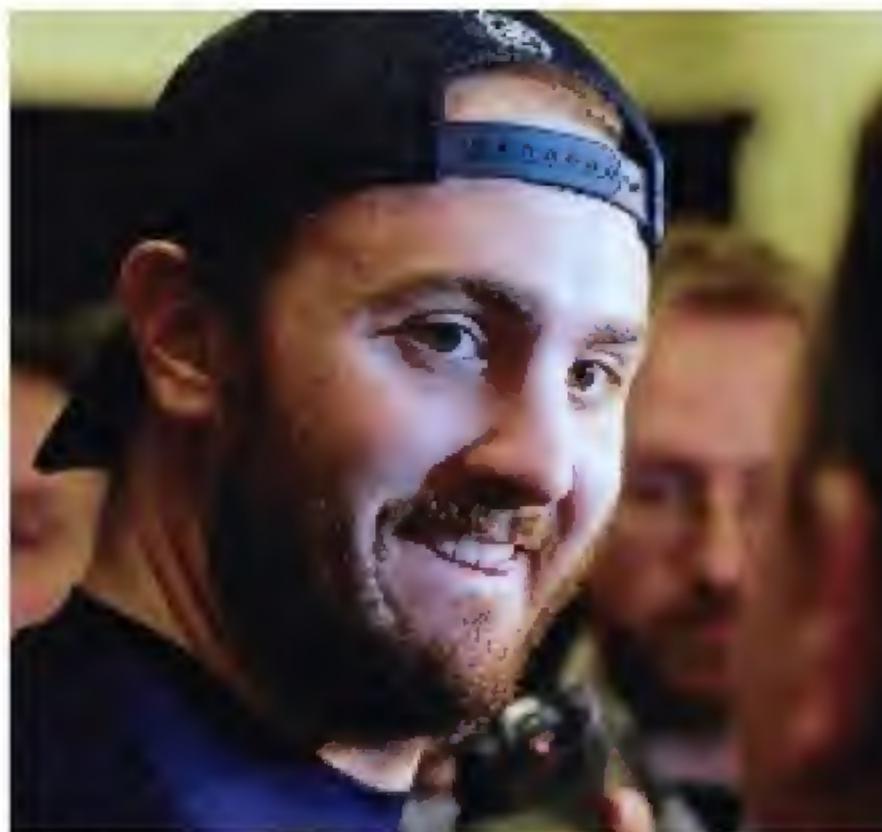
His answer: "It adds another layer" to an already complicated process.

The Las Vegas Golden Knights won't play their first game for seven months, but their presence is already causing disruption ahead of Wednesday's trade deadline. Clubs across the league have to consider the June 20 expansion draft when it comes to adding or subtracting players before the 3 p.m. ET deadline.

Vegas will choose 30 players, including at least 14 forwards, nine defencemen and three goaltenders at the draft.

"I don't think it's going to necessarily stop moves, but I think it has an impact and I think it's going to make it a little bit stickier," Treliving said. "I think there's going to be deals that potentially could've gotten done or may have gotten done in another situation that may not get done because of the expansion implication."

It's the protection list for



Defenceman Kevin Shattenkirk — one of the bigger names available at the deadline — was traded from St. Louis to Washington on Monday night. BRUCE BENNETT/GETTY IMAGES

the expansion draft that really throws a wrench into the process. Teams can either protect seven forwards, three defencemen and one goaltender on June 17 or eight skaters and one goaltender. That makes trading for a player with term on his contract more complex, as teams need to consider loss of assets — draft picks, prospects, etc. — but also the possibility of losing an unprotected player in the expansion draft as a result of the trade.

Said Treliving: "It's going to impact what you do in your protection list one way or another because either you're just bringing this guy and you're going to expose him — so now the assets you gave up are gone (and) the player could be gone — or is he an upgrade on somebody you would've protected otherwise and that person's out?"

Treliving's prediction of a largely rental-driven market has borne fruit with expiring contracts — highlighted by Ben

Now, you've added another box to check. How does this affect me expansion-wise?

Flames GM Brad Treliving

Bishop and Kevin Shattenkirk — dominating the early shuffling.

Blockbuster trades might have to wait until the summer.

Take Matt Duchene for instance, the speedy Colorado Avalanche forward with two years left on his contract (\$6 million US cap hit) who's reportedly available. Any team that trades for the 26-year-old would have to pay a hefty price in assets and potentially a player to expansion whom they might have kept otherwise.

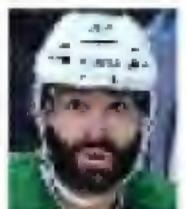
"We're all dealing with this," Blue Jackets president John Davidson told the Columbus Post-Dispatch. "So when you make deals, you have to look at who now is going to be exposed, who's not, and are we going to pick a different format for protection?"

"We'd like to do things, for sure," he added. "But not at the expense for two months as a rental. Not at the expense of pushing one more guy out there, exposed, this summer. With the prices being asked, it doesn't make sense." THE CANADIAN PRESS

TRANSACTION ROUNDUP

Oduya back with Chicago

The Blackhawks have reacquired defenceman Johnny Oduya, who left in free agency for the Dallas Stars after being part of two Stanley Cup championships in Chicago.



Johnny Oduya

GETTY IMAGES

Dallas traded Oduya to the Blackhawks on Tuesday night in exchange for young forward Mark McNeill and a conditional fourth-round pick in the 2018 NHL draft.

THE ASSOCIATED PRESS

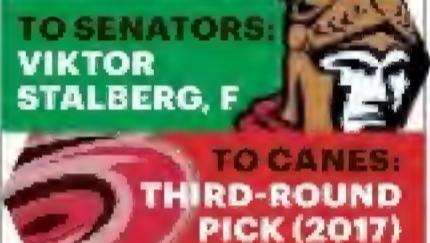
TUESDAY TRADES

OTTAWA-CAROLINA

TO SENATORS: VIKTOR STALBERG, F



TO CANES: THIRD-ROUND PICK (2017)



NEW YORK-DETROIT

TO RANGERS: BRENDAN SMITH, D



TO RED WINGS: THIRD-ROUNDER (2017), SECOND ROUNDER (2018)



EDMONTON-MONTREAL

TO OILERS: DAVID DESHARNAS, F



TO CANADIENS: BRANDON DAVIDSON, D



CURLING

Koe's team remotivated, gearing up to defend Canadian men's title



Team Canada's Kevin Koe won the Brier championship in Halifax in 2010, Kamloops, B.C., in 2014 and last year in Ottawa. FABRICE KOFFRINI/AFP/GETTY IMAGES

If Kevin Koe and his teammates are experiencing something like curling's version of the Stanley Cup hangover, they say the Brier is more than enough to snap them out of it. Koe, third Marc Kennedy, second Brent Laing and lead Ben Hebert head to the Tim Hortons Brier in St. John's N.L., as the defending Canadian and world champions.

They have struggled a bit since winning those titles, taking a couple of World Curling Tour events earlier this season but making the playoffs in just one of four Grand Slam tournaments. They went 2-4 in December's

Canada Cup of Curling, which they'd won the previous year.

Koe's team has shown signs of coming around recently and was on its game at the Pinty's All-Star Skins Game in Banff, Alta., winning \$75,000 out of an available \$100,000 in early February. Kennedy said it can take awhile to stoke the competitive fires again after winning the sport's big prize.

"I don't want to make any excuses," he said. "I really don't. But it's certainly hard to get motivated as quickly as you normally would." The Calgary team out of the Glencoe Club will wear

2-4

The disappointing record Koe and his team had at last year's Canada Cup of Curling.

the Maple Leaf in St. John's as Team Canada when the main draw starts Saturday at Mile One Centre. They open against Quebec's Jean-Michel Menard, the 2006 champion.

The field also includes reigning Olympic champion Brad

Jacobs from Northern Ontario, former Canadian and world champion Glenn Howard out of Ontario, B.C.'s John Morris, Manitoba's Mike McEwen and former Olympic champion Brad Gushue representing the host province. Beating a stacked Brier field to play in a world championship in Edmonton is motivating for Koe's team.

"We won everything last year and we didn't have too much to play for early in the year," Koe said. "We've been kind of gearing up for this event. This will be a big test for us."

THE CANADIAN PRESS

Queen of the mountain

SKI CROSS

Thompson a force with six World Cup wins this season

Vincent Man
Metro | Toronto

Marielle Thompson has resembled a blur this season.

In racing her way to victory after victory, Big Air Mar has already clinched the Crystal Globe — and with one World Cup ski cross race left on the schedule.

"It's nice to be coming back to Canada having the Crystal Globe wrapped up," Thompson told Metro News over the phone from Blue Mountain in Collingwood, Ont., where Sunday's race will be held. "I can just come to this final and just race, not have one more thing to worry about."

"I knew I was having a good season. I'm just glad it finished how I hoped it would."

Not only did the 24-year-old rack up her sixth win of the World Cup season on Saturday in Miass, Russia, she put on a thrilling show in which she won by the slimmest of margins. Trailing only Sandra Naeslund down the final stretch, Thompson carried enough speed off the last jump to outreach the Swedish skier in a photo finish.

"I knew it was a possibility to (clinch the Crystal Globe) but I didn't think it would be in such a fashion with me coming at the



Marielle Thompson, right, of Whistler, B.C., takes off on the final jump during her Crystal Globe-clinching victory on Saturday in Miass, Russia. MATTHIAS HAUER/GEPA PICTURES



I'm still going to go out there and do my best like I do every other race. Marielle Thompson

end and passing at the finish line," Thompson said. "It was pretty exciting."

The victory gave the Whistler, B.C., skier an insurmountable 155-point lead over Naeslund in the standings and her third overall championship.

Thompson said her first Crystal Globe in 2012 validated her on the World Cup stage. The second time she

won it in 2014 established her as a perennial contender.

And though heading into this season she was more intent than ever to win it again, she was surprised by how much of a force

RESUMÉ

Thompson is also the reigning Olympic champion in women's ski cross having won the gold medal in 2014 in Sochi, Russia.

she has been.

"It's definitely very validating,"

Thompson said.

"I knew going into this season I was strong



CANADA

and I was skiing well, so to be able to have the consistency all the way through and be on top for the majority of this season, it makes every minute in the gym and all that time and work worth it."

Though the Crystal Globe is in the bag, Thompson will have plenty to race for on Sunday. She said she wants to finish the schedule strong in front of a Canadian crowd, which will include her parents and little sister.

"I don't think I'm approaching it any differently," she said. "In the end it's still a World Cup (race) and I want to do my best. At the end of the day I do want to win."

As much as she has been a blur on the slopes in 2016-17, Thompson said it feels like the season has zoomed by as well with its onslaught of races.

Following last weekend's triumph in Russia, she didn't have much time to celebrate. She was whisked away back to Canada and made her way to Blue Mountain on Monday.

When the final World Cup race is over she will shift her focus to the Freestyle Ski and Snowboard World Championships held at Spain's Sierra Nevada. The ski cross finals will take place on March 18.

"Once everything is said and done I'm going to go home and just rest for a while because it's been a long season,"

Thompson said.

"We've had so many races since December it will be nice to relax."

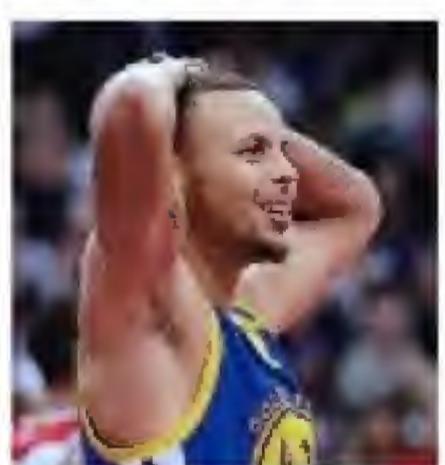
NBA Wizards edge the Warriors

Kevin Durant injured his left knee and departed after only 93 seconds, Golden State trailed by as many as 19 points in the first quarter, and Stephen Curry missed a potential go-ahead 3-pointer late, all leading to a 112-108 victory for the Washington Wizards, who got a career-high-tying 19 assists from John Wall on Tuesday night.

Durant hyperextended his knee and will have an MRI exam after teammate Zaza Pachulia was pushed into him by Washington centre Marcin Gortat. Bradley Beal scored 25 points and Markieff Morris added 22, including a pair of free throws after Curry's 3 was off-target in the final 10 seconds.

Washington had broken a 108-all tie when Otto Porter made two foul shots after being fouled by Curry on a putback attempt with 17.5 seconds remaining. Curry scored 25 points but made only 2 of 9 tries from behind the arc.

THE ASSOCIATED PRESS



Steph Curry. GETTY IMAGES

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2	3	9	5	6	8	7	1	4
5	4	6	7	1	3	2	8	9
8	9	4	1	3	2	6	7	5
3	7	2	6	9	5	8	4	1
6	1	5	8	4	7	9	2	3

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IN BRIEF

Preds rally to beat Sabres

Filip Forsberg scored 2:45 into overtime and the Nashville Predators came back to beat the Buffalo Sabres 5-4 on Tuesday night for their fourth straight win.

Forsberg had a goal and an assist in the final nine minutes of the third period to lead the Predators back from a 4-2 deficit. Forsberg has 10 goals and four assists during a six-game point streak. Ryan Johansen, Colin Wilson and Mike Fisher also scored for the Predators.

Kyle Okposo, Brian Gionta and Jake McCabe each had a goal and an assist for the Sabres. Evander Kane also scored and Robin Lehner made 36 saves. Buffalo has lost four in a row. THE ASSOCIATED PRESS

Versatile Jackson leads Duke past Florida State

One of Duke's shortest players kept finding ways to score on No. 15 Florida State's long, tall defenders. Freshman guard Frank Jackson — all 6-foot-3 of him — drove the lane, shot 3-pointers over the Seminoles' outstretched fingertips and gave the 17th-ranked Blue Devils all the cushion they needed.

Jackson scored a season-best 22 points and Duke beat Florida State 75-70 on Tuesday night.

Amile Jefferson, playing in his final game at Cameron Indoor Stadium, added 14 points and 11 rebounds while Luke Kennard finished with 17 points for the Blue Devils (23-7, 11-6 Atlantic Coast Conference).

THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Crispy Cobb Salad



Ceri Marsh & Laura Keogh
For Metro Canada

This mainstay of American luncheonette provides plenty of vitamins and minerals.

Ready in 1 hour 30 minutes
Prep time: 30 minutes
Cook time: 35 minutes
Serves 4

Ingredients

- 6 bacon slices
- head of lettuce (eg. romaine)
- 4 oz feta, crumbled
- 1 avocado, make 1 inch dice
- 2 tomatoes, make 1-2 inch dice
- 2 chicken breasts
- For marinade:
- 2 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 1 tsp salt
- 1/2 tsp pepper
- For dressing:
- 1/3 cup white wine vinegar
- 1 Tbsp dijon mustard
- 2 tsp honey
- 1/2 cup olive oil

• salt and pepper to taste

Directions

1. Whisk together marinade ingredients. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.
2. Place dressing ingredients in a jar, put on lid, and shake. Set aside.
3. Sauté bacon until crisp. Drain on a paper towel. Crumble into small-ish pieces. Bake the breasts in the oven at 375 degrees; for about 35 minutes or until the internal temperature reaches 165. Allow the meat to rest for a few minutes and then slice across the breasts to make thin strips.
4. Wash, spin and chop the lettuce. Toss the lettuce in a bit of the dressing, maybe 1/4 cup or so. Make a thin layer of dressed lettuce on a large platter. Next arrange your ingredients in stripes down your platter: tomatoes, avocado, cheese, bacon, chicken, tomato. Serve with dressing.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Canadian as Cdn.
5. ___ relief
8. Premier of the Province of Canada, from 1854 to 1866, Sir Allan ___ (b.1798 - d.1862)
14. Stethoscope sound
15. Lil' Edmonton transport
16. Getting ___ (Employee's wish)
17. Neil Peart's time to shine: 2 wds.
19. Stuff in tea
20. Olympic sprint champion from Jamaica ...his initials-sharers
21. "Trainspotting" (1996) star Mr. Bremner
22. "Insensitive" songstress Jann's
23. First day of Lent: 2 wds.
26. Madness: " ___ House"
27. Tracked toy racers: 2 wds.
31. Turbulent
34. Golf standard
35. "Drive thy business ___ will drive thee." Benjamin Franklin
36. Pulls on
37. Classify
38. Oscar-winning actress Jessica
39. Nero's 591
40. Chairman Mao's military gr.
41. Like some not-suitable-for-all movies: wd. + letter
42. Where to find "Savoy Truffle" on The Beatles' "White Album": 2 wds.
44. Pub drink
45. Terrain in "Bud the Spud" by Stompin' Tom Connors: 3 wds.
46. Belonging to Edmonton's locale
47. Beside: 2 wds.
48. Gladiator's 551
49. Space Museum of Calgary
50. ___ (through adversity to the stars)
51. Begins to take effect: 2 wds.
52. Roasted
53. Choir-performed

DOWN

1. Per ___ Ad Astra
2. Digs
3. Makeup kit item
4. A.m.e.r.i.c.a.n. b.a.n.d.
5. Fluff-the-hair
6. "Over the Rainbow" co-composer Harold
7. Neolithic artifacts: 2 wds.
8. Bull's eye in Spain
9. Mount ___ (Biblical peak for Noah)
10. "Ahoy, ___"
11. Make munitions-less
12. Vacuum brand
13. Marshes
14. Sailor's sheltered side
15. Combined/blended, archaically
16. "Way to go!"
17. "Tutti ___"
18. ___ story (Narrate)
19. Promote
20. Nan A. ___ (Book publisher)
21. Fish, in Febreville
22. Welsh ___ (Melted cheese-on-toast dish)
23. "Tutti ___"
24. ___ story (Narrate)
25. Smelting waste
26. "Rule, Britannia" composer
27. John ___ (Lorna Doone's beloved in literature)
28. "The Best of Times" band
29. Director Mr. Pollock, et al.
30. Danny DeVito sitcom
31. Post-vinyl music's whereabouts: wd. + acr.
32. Promote
33. Nan A. ___ (Book publisher)
34. Fish, in Febreville
35. Welsh ___ (Melted cheese-on-toast dish)
36. "Tutti ___"
37. ___ story (Narrate)
38. Promote
39. Nan A. ___ (Book publisher)
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41. Welsh ___ (Melted cheese-on-toast dish)
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52. "Tutti ___"
53. ___ story (Narrate)
54. Promote
55. Fish, in Febreville
56. Welsh ___ (Melted cheese-on-toast dish)
57. "Tutti ___"
58. ___ story (Narrate)
59. Promote
60. Fish, in Febreville
61. Welsh ___ (Melted cheese-on-toast dish)
62. "Tutti ___"
63. ___ story (Narrate)

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful, because today you are tempted to do something rash. Heads up! Get centered and get a hold of yourself so you don't do something you later regret.

Taurus April 21 - May 21
You feel restless today. The important thing to know is that this is just a temporary vibe that will grab you by the throat. Don't worry about it, because this will be gone by tomorrow.

Gemini May 22 - June 21
Quite likely, a friend will say or do something that surprises you or catches you off guard. Be ready for this. Remember: Count to five before you react.

Cancer June 22 - July 23
A discussion with a boss or parent will be unusual today. He or she might throw you a curveball or do something you don't expect. (Don't quit your day job.)

Leo July 24 - Aug. 23
Travel plans will change today, or they might be canceled or delayed. On the other hand, you might suddenly have to travel even if you didn't expect to do so. Stay flexible today.

Virgo Aug. 24 - Sept. 23
Double-check all details concerning inheritances, shared property, taxes, debt and insurance issues, because something might change suddenly. Be sure you know what's happening.

Libra Sept. 24 - Oct. 23
A partner or close friend might act weird or unusual today, or perhaps he or she will have a strange request. Don't overreact — whatever happens will be history in a few days.

Scorpio Oct. 24 - Nov. 22
Your work routine will change today because of something unexpected. Staff shortages, computer crashes, equipment breakdowns and canceled appointments are just some examples. Steady as she goes.

Sagittarius Nov. 23 - Dec. 21
This is a mildly accident-prone day for your kids, so be vigilant. Likewise, romantic couples might have a spat. This is a minor influence, but it's there. Keep your eyes open.

Capricorn Dec. 22 - Jan. 20
Your home routine will be interrupted today. Small appliances might break down, or minor breakages could occur. Someone unexpected might knock on your door.

Aquarius Jan. 21 - Feb. 18
Surprise news might reach you today, or someone close to you might do something unexpected. On the upside, you can think outside of the box and dream up good ideas.

Pisces Feb. 19 - March 20
Watch your money and cash flow today, because you might find money or you might lose money. Similarly, guard your possessions against loss or theft.

CONCEPTIS SUDOKU by Dave Green

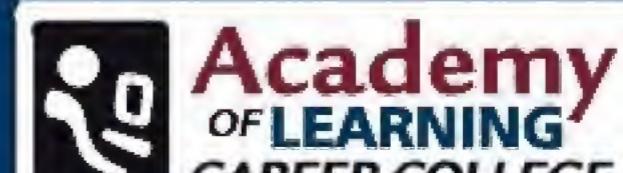
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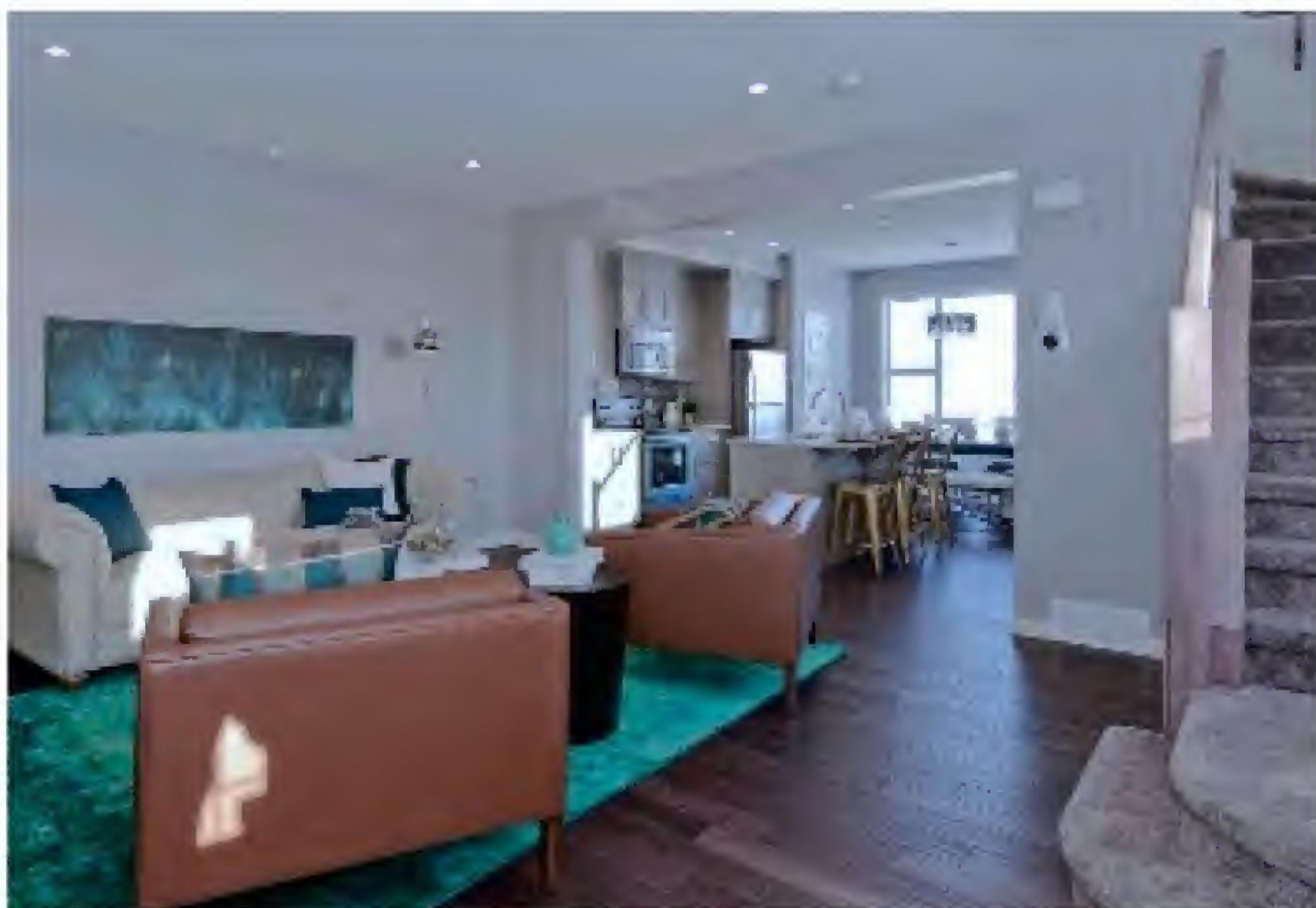
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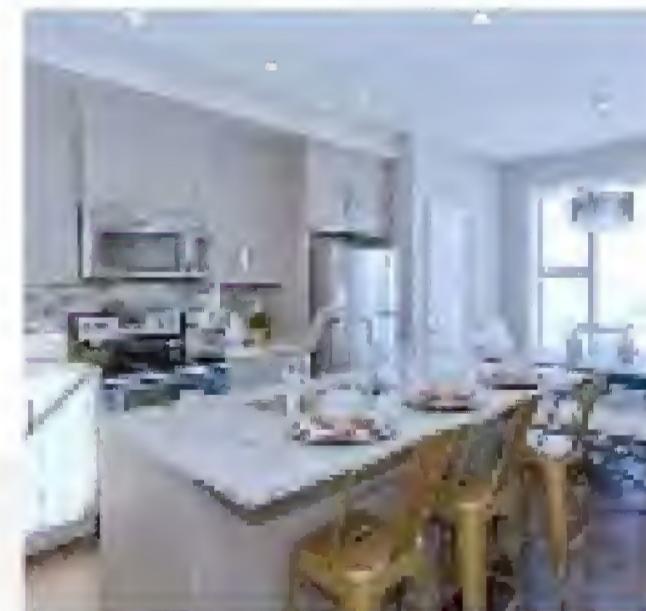
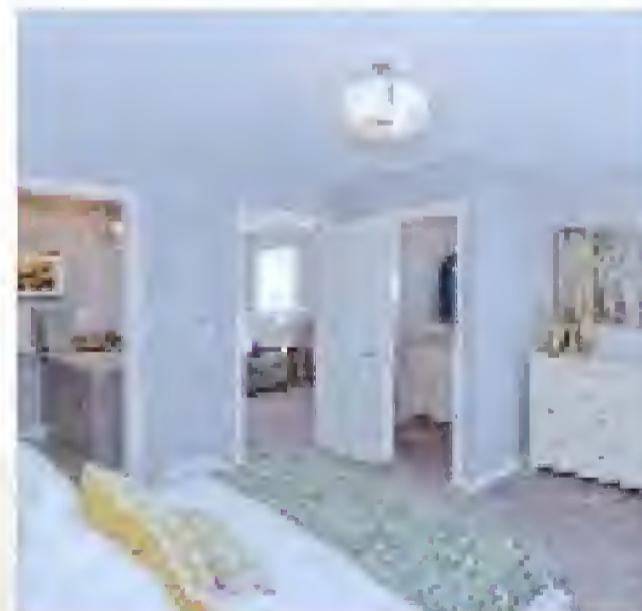
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Now there's a collection of townhomes called the Rise in the community of Riversong in Cochrane that caters to both needs.

At the Rise, homes tick all the boxes for quality, style and space, with incredible prices.

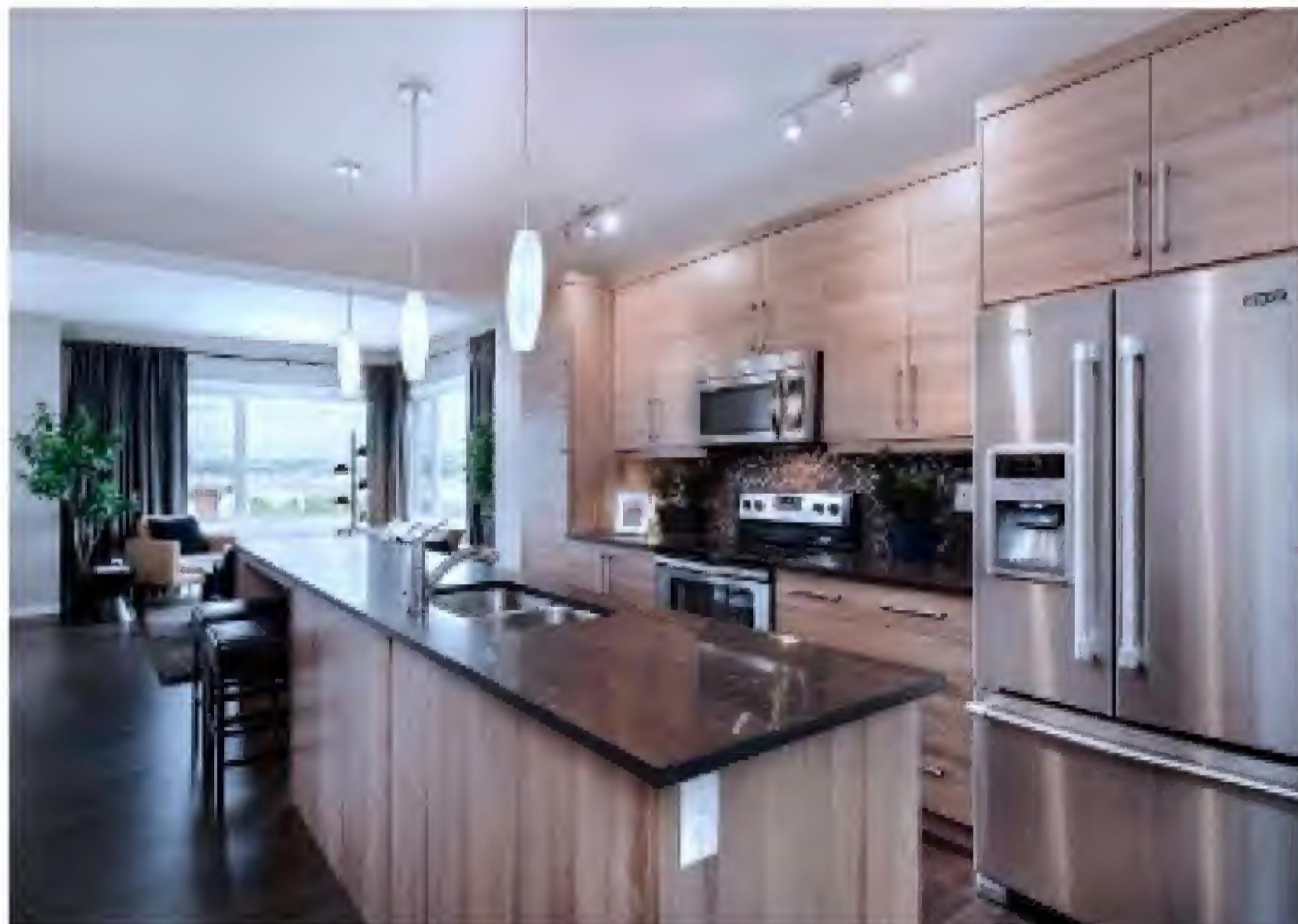
"Within Calgary it can be hard to find a home that offers you the standard of living you want at a price you can feel good about. Instead, try looking for a home in Cochrane," says Jeff Mitchell, area sales manager for the Rise.

The two and three-bedroom townhomes at the Rise come in five unique floor plans ranging from 1,267–1,593 square feet — so buyers have plenty of options. Jayman BUILT's homes at the Rise demonstrate a dedication to excellence, a core value for the company.

The townhomes' features provide everything you'll want in a home. "All the modern comforts and conveniences are built in here at the Rise," says Mitchell.

Heated garages are a basic but very important feature, allowing residents to use their vehicles with ease in the winter months, and store them protected from the elements.

Lofty nine-foot ceilings and large, dual-



CONTRIBUTED

pane low-E windows set the tone for the homes, making them open, welcoming and full of natural light.

The materials in the bathroom and kitchens offer quality and practicality, including wood grain cabinets, flat-lay laminate countertops, full-height backsplashes and Moen Integra chrome pull-out faucets.

The stainless steel appliances finish the kitchen's sleek look, and include a Frigidaire ceramic top range, dishwasher, refrigerator and over-the-range microwave and hood fan.

The Whirlpool full-size laundry centre with washer and dryer provides a convenient and modern place to do laundry.

The community of Riversong is chock-full

of small-town charm. Surrounded by rolling hills and established on the banks of the serene Bow River, Riversong is the place to be if you enjoy nature. Kilometres of walking and bike paths are interwoven throughout the community, and two playgrounds provide lots of space for families to play.

The Rise at Riversong is now holding an end-of-the-season sell-off, with select homes available for buyers to move into now.

Visit the Rise sales centre to see the homes in person. It's located at 501 River Heights Drive, Cochrane. You can contact area sales manager Jeff Mitchell at rise@jayman.com and (403) 981-8797, or visit the website at jayman.com/rise.

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